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St. Joseph The Worker Parish, Russell, MB St. Theresa's Parish Rossburn, MB

Responsorial Psalm 146: Lord, come and save us.

St. Joseph The Worker News:

Please remember in your prayers those who are sick in hospitals, care homes, or in their homes & those who care for them. If you wish to receive the Sacraments of Anointing, Confession, or Holy Communion – please call the parish office & leave a message: 204-773-2924.

Update re: Donations from our parish: Our new totals are as follows: **\$1,380.00** to the Russell & Area Food Connections & **\$775.00** to Sr. Hilda's Orphanage in Peru. Thank you to all our parishioners for their generosity this advent season, this will definitely help those in need this Christmas!

Thank you to the Knights of Columbus for their advent gifts to the children of the parish.

Socks (unwrapped) Bring those to the church by Sunday, December 11th, today and place them under the Stewardship Tree.

If you are unable to drop off gifts/socks at the church, you may also drop off at Bev & Jim Roszell's at 328 Mather St. E. Russell (phone 204-773-3998)

Reconciliations:

St. Lazare December 13th at St Lazare 3:30-5, 7:00-as needed

Rosburn December 14th at Sacred Heart 4-5, 6-as needed

Russell December 16th at Saint Mary's 4-5, 6-as needed



Christmas & New Year's Mass Schedule at St. Joseph's & St. Theresa's

Saturday, December 24th Christmas Eve 4:00 p.m. Rossburn

Christmas Eve 6:00 p.m. & 8:00 p.m. Russell

Sunday, December 25th Christmas Day 9:00 a.m. Russell

& 11:00 a.m. Rossburn

Saturday December 31st New Years Eve Mass 7:30 p.m. Russell

Sunday, January 1st, 2023 New Year's Day 9:00 a.m. Russell

& 11:00 a.m. Rossburn

5 Remedies for Sorrow, According to Aquinas

Sadness is part of the human condition. But it wasn't part of God's original plan for humanity. God created us for happiness — both natural happiness on this earth and supernatural bliss in heaven. Sadness entered the world the moment our first parents fell from grace.

God has promised us eternal, total happiness in heaven. He has not promised an earthly life free of pain. In fact, Jesus pretty much guaranteed His followers that they would have to suffer for His name.

However, you can try to alleviate some of the sorrows you encounter in daily life. St. Thomas Aquinas offers a few helpful ways to make those gray clouds dissipate from your mind. Here they are:

1. Pleasure

Sometimes your sorrow is so great that you struggle to enjoy the pleasures of life. However, wholesome pleasures have a powerful healing effect on the soul.

Enjoy a good meal. Go for a walk. Read a book. Don't let pain give you a cynical view of life. While we rightly decry the materialism of our age, we can use these God-given pleasures to increase our joy and peace.

2. Weeping

Because they know its healing effect, some people have an easier time weeping. Others hold it in. We're especially looking at guys who think it's "unmanly" to weep. Remember that the Bible records Christ Himself weeping.

Weeping cleanses our souls and helps us start afresh. While not every sad situation calls for weeping, don't completely inhibit your tears.

3. The sympathy of friends

When you're grieving, one of the greatest dangers is shutting yourself off from those who care about you. Granted, we all need some time to ourselves. Just don't let it last too long. Otherwise, you'll be left alone with your sad thoughts and God doesn't want that!

4. Contemplating the truth

Thinking about the goodness and beauty of reality reminds you that sorrow doesn't have the last word. Creation reveals God and His love. Christ took on our human nature to share His amazing plan of salvation.

Reading Scripture (especially the Psalms) and contemplating the great truths of our faith help us put our sadness in perspective.

5. A good bath and sleep

You thought St. Thomas was going to only give philosophical answers, didn't you? For all his learning, he was a practical man. He wrote, "Sorrow, by reason of its specific nature, is repugnant to the vital movement of the body; and consequently, whatever restores the bodily nature to its due state of vital movement, is opposed to sorrow and assuages it." He then mentions a bath and sleep as great ways to alleviate sorrow.

Science backs the Angelic Doctor up, at least on the need for sleep. Try getting to bed at a reasonable time whenever you can. You'll be surprised how much it helps!

Although they won't banish all sorrow from your life, these remedies will help you manage it better, so you can live in the joy and love that God calls you to. [5 Remedies for Sorrow, According to Aquinas | Pints with Aquinas Blog](#)

Mass Intentions For This Week:

Third Sunday Of Advent

Saturday Dec 10 7:30 p.m. Russell Mass +Duncan Spurway from
Funeral Mass offering

Sunday Dec 11 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. &
YouTube after 10:15 am**

For all parishioners by Father Paul

11:00 a.m. Rossburn Mass + Kaskiw & Budz family req. by Kaskiw family
Rossburn **Advent Pot Luck lunch**

Monday Dec 12 Health of family & friends req. by Jean Goba

Tuesday Dec 13 Special Intentions req. by Carol & Wade Schott
3:30-5 p.m. **St. Lazare Reconciliations** & 7:00 p.m. as needed

Wed. Dec 14 + Emilienne Mangin req. by George Mangin & family
4:00-5:00 p.m. **Rosburn Reconciliations** Sacred Heart 4-5 p.m. & 6: p.m. as needed

Thurs. Dec 15 10:00 a.m. Rossburn Adoration **Note Time Change** due to reconciliations in Brandon
10:30 a.m. Mass + Norma Kaskiw req. by Joe & Shirley Slobodian & Family
Brandon Reconciliations

Friday Dec 16 8:30 a.m. Russell Adoration **Fr Paul's Anniversary of Ordination 17 years**
9:00 a.m. Mass Deacon Darin & Fr Paul req. by Irene Deschamps
4:00-5:00 p.m. **Russell Reconciliations** Saint Mary's 4-5 p.m. & 6:00 p.m. as needed

Fourth Sunday Of Advent

Saturday Dec 17 7:30 p.m. Russell Mass + Delbert & Denis Deschamps req. by Irene

Deschamps Sunday Dec 18 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m.**
For all parishioners by Father Paul

11:00 a.m. Rossburn Mass + Suffering Souls in Purgatory req. by Rose & family



Dear Padre,

I struggle with depression, and sometimes it gets really bad during the holidays. When is it morally acceptable to use antidepressant medication?

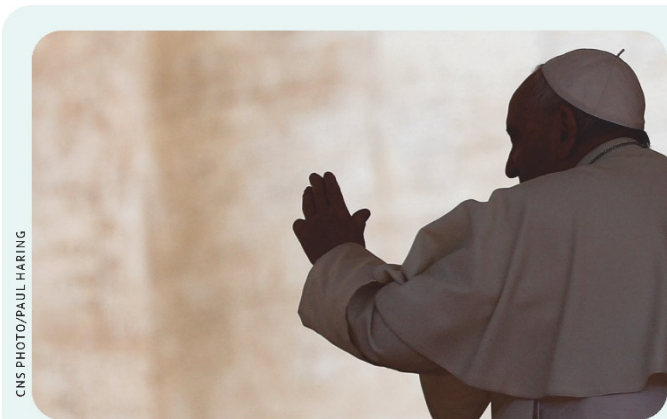
You are not alone. People who struggle with depression often find the holidays especially difficult. To answer your question, it is morally acceptable to use antidepressant medications when a medical professional judges them to be the best response to the condition of the patient. As we learn more about the causes of depression and other disorders that challenge the sense of equilibrium in people, we hope that the most reliable responses may be found and employed to restore a sense of peace to those suffering from these ailments.

Evaluation and treatment of depression must be done within the context of a person's whole life. Depression often involves a chemical imbalance in the brain, and some people respond quite well to antidepressants. For others, the best treatment might be counseling or psychotherapy. Or both medicine and therapy. As each experience of suffering is unique, so, too, must be the response.

Frequently people will be embarrassed to admit to suffering with depression or consider it a sign of weakness or inability to deal with matters in life. Such thinking is of little help in resolving the issue. People who experience depression need the love and support of family and friends to accompany them in the suffering and to assist in their healing. ●

From *Life, Death, and Catholic Medical Choices: 50 Questions from the Pews*, © 2011 Liguori Publications

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
December 12 <i>Our Lady of Guadalupe</i> Zec 2:14–17 or Rv 11:19a; 12:1–6a, 10ab Lk 1:26–38 or Lk 1:39–47	December 13 <i>St. Lucy, Virgin and Martyr</i> Zep 3:1–2, 9–13 Mt 21:28–32	December 14 <i>St. John of the Cross, Priest and Doctor of the Church</i> Is 45:6c–8, 18, 21c–25 Lk 7:18b–23	December 15 <i>Advent Weekday</i> Is 54:1–10 Lk 7:24–30	December 16 <i>Advent Weekday</i> Is 56:1–3a, 6–8 Jn 5:33–36	December 17 <i>Advent Weekday</i> Gn 49:2, 8–10 Mt 1:1–17	December 18 <i>Fourth Sunday of Advent</i> Is 7:10–14 Rom 1:1–7 Mt 1:18–24



A WORD FROM POPE FRANCIS

Every yes to God gives rise to stories of salvation for us and for others. Like Mary with her own yes. In this Advent journey, God wishes to visit us and awaits our yes. Let's think: Today, what yes must I say to God?

ANGELUS, DECEMBER 8, 2016



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Our Parish COMMUNITY

December 11, 2022

Third Sunday of Advent (A)

Isaiah 35:1–6a, 10 / James 5:7–10 / Matthew 11:2–11



Strengthen hands that are feeble, make firm knees that are weak, say to the fearful of heart: Be strong, do not fear!

ISAIAH 35:3–4

Joy: A Sign of God

FR. JOSEPH JUKNIALIS

Once, as I was teaching a theology course to college students in their twenties, I made an offhand comment that the purpose of life is not to be happy. They were shocked. “What’s wrong with being happy?” they protested. “Nothing,” I said, “it’s simply not the purpose of life.” “But God wants us to be happy,” they insisted. Of course, God wants us to be happy, but that’s simply not what life is about.

Happiness is something that comes in the back door while we wait at the front door. If we go looking for happiness, we never find it, but if we forget about ourselves and seek to bring joy into the lives of others, then happiness seems to find us. It comes in the back doors of life. Curiously, that seems to be the dynamic of these Advent/Christmas days. We send cards, give gifts, think of making others happy, and overlook faults. In the process, there is a sense of joy that overtakes us without our realizing it.

The prophet Isaiah proclaimed that it is God who would crown them with everlasting joy; that they would meet with joy and gladness and sorrow and mourning would flee away (Isaiah 35:10). Joy is God’s doing, not ours.

Leon Bloy, a French novelist in the nineteenth century, observed, “Joy is the most infallible sign of the presence of God.” God is love, and God is also joy. Joy is so much more than happiness. Rather it is an inner quality—peaceful, serene, and nurturing—even when life may be unsettled. ●

Reflect

**What brings you joy?
Do something to bring joy
to someone this week.**