

## 5 Spiritual Resolutions for 2020

### 1. Engage with people more than pixels.

Looking at a phone is quick and undemanding. Texting or emailing is easier than talking—it gives you intimacy without danger. This year, resolve to spend more time looking into someone's eyes when you communicate with them. Replace an extended exchange on the phone or computer with a meeting for coffee. Make a promise of presence.

### 2. Take your soul seriously.

It is easy to pretend that what we watch and how we speak have no effects on us. But the constant pounding of hatreds and dehumanization that marks so much of our daily life have consequences for our character. Part of who you are, is the sum of the influences you choose: what you watch, who you associate with, how you speak about others both publicly and privately. Turn away from something destructive—the twitter rants full of bile, or people who continually insult those around them, or depictions of violence that take savage delight in suffering.

### 3. Increase your kindness.

If you wish to feel kind, do something good. The great secret of moral growth is that it often begins from the outside. Behave generously even when you do not feel like it and the habit will grow as will your innate quality of kindness. The act can be small or large; it can be a charitable contribution or a gentle word or help with a heavy bag on an airplane.

### 4. Choose someone to forgive.

All of us have legitimate grievances in our lives. Some people are very hard to forgive but you need not begin with the toughest cases. Small acts of grace will grow. Forgive the one who cut you off in the street; after all, you have cut people off as well, on purpose or inadvertently. Forgive the person who made an unkind remark about you. Choose a place to begin. The more you forgive, the less the world can injure you.

### 5. In forgiving, include yourself.

Fight against perfectionism. There will always be more possibilities to get something wrong than to get it right. Allow yourself the latitude of mistakes, without self-punishing. God is supposed to be perfect, not human beings. Have expectations of yourself, but don't enforce them with a hammer.

The New Year is here. You have not wasted a single day of the future. So here is your chance to live purposefully. Will you achieve this every day? Of course not (see #5 above). The key resolution is not to triumph or to always succeed. Resolutions of the spirit come down to one thing: *in this New Year, grow.*

## **ST. JOHN THE THEOLOGIAN CATHOLIC CHURCH** **(BYZANTINE-UKRAINIAN RITE)**

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### **New Years Prayer**

Heavenly Father, bless my resolutions for the coming year. May they be in accordance with your will and direction for my life. Bless me with success, health and wisdom.  
Guide my thoughts and prayers.

Help me exercise my faith to bring it all to fruition in 2020.

May my efforts be to sincerely bring many to know You and to believe in the Lord Jesus, the way, the truth, and the life.

May the lost be found, the ones living in darkness come to light through my intercession, outreach, guidance and prayers.

I pray this New Year is blessed with Your presence in all I do as I pray and ask in the blessed name of Jesus, Amen!

### **CHRIST IS BORN! LET US GLORIFY HIM!**

**Pastor: Rt. Rev. Msgr. Anton Szymychalski – Mitred Archbishop**  
**In retirement: Rev. Basil Kondusky**  
**Parish Secretary – Mrs. Chrystyna Tymczyszyn**

**Parish office is open Tuesday – Friday from 8:30 a.m.- 12:00 noon**  
**after hour EMERGENCIES ONLY please call (905) 327-3563**

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#### **Divine Liturgy:**

Saturday 4:15 p.m. (Eng.) Sunday 10:00 a.m. (Ukr. & Eng.)  
Weekdays & Holy Days: see bulletin

#### **Sacraments:**

**Confession** – Before or after Liturgy; anytime by request  
**Baptism, Marriage** – Please contact the parish office

January 5, 2020 - Sunday before Theophany

Epistle: Tim. 4:5-8    Gospel Reading: Mk. 1:1-8  
Reader T. Lee        Next week: M. Bradley

**DIVINE LITURGY SERVICES:**

Sat. Jan. 11th:    4:15 p.m.:        Divine Liturgy (Eng.)  
Sun. Jan. 12th:  10:00 a.m.:    Divine Liturgy (Ukr. & Eng.)  
Feast of Theophany (Blessing of Water)

*THIS WEEK OUR SANCTUARY CANDLES BURN  
IN LOVING MEMORY OF +MYCHAJLO, +JUSTYNA AND +ROMAN CHODORIWSKY  
REQUESTED BY SLAVA & PAUL KOZELA.*

**OFFERINGS:**

Dec. 29th: \$1,217.00    Automatic debit donations: \$195.00  
Church Donations: K. Capell \$50.00  
Development Donations: P. Rosewarne \$50.00; M. Lewicki \$250.00  
Errors or omissions? Please call the office. - **THANK YOU!**

**PLEASE PRAY FOR OUR SICK AND SHUT-IN:**

Kateryna Dacko, Alexandra Matychuk, Lesia Melnyk, Olga Onyschuk, Stephania Zubatiuk, Bob French  
Helen Brodoway, Rose Kondusky, Matteo Niickolai Grochowina-Totolo, Sharon Cybulak,  
Greg Kondusky, Heidi Walters, Fr. Basil Kondusky, Tena Wowchuck, Jean Diggins, Sharon Hudgen,  
Paula Kozachenko, Sawyer Christie, Phyllis Romak, Ricki Holubowsky, Michalyna Juskiw,  
Walt Cybulak, Helen Kokotka & Fr. Walter & Mary Dacko.

*Lord, Jesus Christ, You who traveled throughout Galilee healing the sick, enabling the blind to see and the lame to walk, bring healing to Your people who need it this day. Give peace to the minds of those who are tortured by mental illness and anxiety. Comfort those who are alone in their illness. May Your people reach out to them and all who are in need this day. Send grace to the caregivers, that they might be effective and gentle agents of Your loving mercy. May our sufferings be united with Yours to bring healing to people throughout the world. Amen*

**Coffee Hosts Schedule:**

Today – Slava Kozela & Mary Chodoriwsky                      Jan. 26<sup>th</sup>: Olga Czerwoniak  
Feb. 2<sup>nd</sup>: Liz & Don Osadec    Feb. 23<sup>rd</sup>: Gena & Roy Barton  
The sign up sheet for January 2020 Coffee Host is now available in the church vestibule for those who are willing to act as hosts. We need 2 hosts per Sunday, so please sign up for as many Sundays as you are able. Hosts are responsible for serving coffee/tea, cutting up and plating prepared baking and clean up. This is a wonderful opportunity for parishioners to gather together in fellowship. If you have any questions, please call the office.

**Announcements:**

**Parish Kutia (Christmas Meal)** will be held after Liturgy next Sunday, January 12<sup>th</sup>. There is no admission, but a free-will offering will be taken. All are invited to attend!

2020 donation envelopes are ready to be picked up from the church vestibule. Please be advised that some numbers have been reassigned. If you are registered for online donations, you will not receive a box, but if you would like to make a donation towards the building or maintenance fund, or towards any other collection please use the envelopes provided in the church vestibule. If you are not a parishioner and are interested in receiving an envelope number, please fill out a registration form and bring it into the parish office during the week and an envelope number will be assigned to you.

**Svitanok Choir** invite everyone to their Ukrainian Christmas Concert, Sunday January 12<sup>th</sup> at 2 p.m. at Holy Spirit Ukrainian Catholic Church 15 St. Olga St. Hamilton. Cost is \$10 for adults.

Save the date - **St. John's Annual Meeting** will take place Sunday February 16<sup>th</sup> after Divine Liturgy.

**Jordan Blessing – Feast of Theophany**

The Feast of Theophany, is a liturgical event which commemorates Jesus' baptism in the Jordan River by St. John the Baptist. We will be celebrating Theophany on Sunday January 12<sup>th</sup>, during which Fr. Anton will celebrate the Water Blessing Ceremony. He will bless the water with the "Trikirion" which are three branch candles; with his breath; with his hand; and by immersing a cross in the water.

Parishioners are encouraged to bring containers to take blessed holy water home.

Also any parishioners wishing Fr. Anton to visit their home with the traditional Jordan blessing after the 14<sup>th</sup> of January, are asked to please call the parish office so a time can be arranged.

**MALANKA 2020**

We still have a few tickets left our our 2020 Malanka -New Years Dinner  
Dance

Saturday January 18<sup>th</sup> 2020.

Tickets are \$110 for adults    \$50 for students (18 years and younger)  
Join us for a sparkling wine reception, delicious meal, midnight buffet and  
lively music by Zirka!

Please call the parish office for tickets.

