

Remembering Our Dead

November is the month that brings our dearly departed brothers and sisters to the forefront. Having a number of funerals in the past 3 months, I thought that those who are grieving may benefit from an article that I recently read. If you, or you know of someone else who is grieving hopefully this may help.

Suggestions for helping yourself through grief:

- Don't take on new responsibilities right away
- Don't over-extend yourself. Keep decision-making to a minimum.
- Accept help and support when offered.
- Ask for help. No one minds.
- It is very important to find someone who cares, understands, and with whom you may talk freely.
- It's okay to need comforting.
- Invite a relative/friend for dinner or overnight.
- Consider meeting new people.
- Be patient with yourself. Healing takes time. Lean into the pain. It cannot be outrun.
- Let the grief/healing process run its full course.
- Through this emotional period, it is okay to feel depressed.
- Crying does make you feel better.
- If Sundays, holidays, etc. are especially difficult times, schedule activities that you find particularly comforting for these times.
- Seek the help of a counselor or clergy if grief is unresolved.
- Try to get adequate rest. Go to bed earlier. Avoid caffeine.
- Good nutrition is important. Decrease junk food. Eat a balanced meal.
- Keep a journal. It is a good way to understand what you are feeling/thinking and, when reread later, you see you are getting better.
- Read. There are many helpful books on grief. If grief is understood, it is a little easier to handle.
- Exercise. It offers an opportunity to work off frustration, aids sleep.
- Try to socialize with family and friends. Don't feel guilty if you have a good time. Your loved one would want you to be happy.
- It's okay to be angry. You may be angry at yourself, God, your loved one, others, or just angry in general. Don't push it down. Let it out.
- Do not have unrealistic expectations of yourself. Grief takes time. It comes and goes.
- Do things a little differently, yet try not to make a lot of changes. This sounds like a contradiction, but it is not.
- Plan new interests. Join a class (exercise, tennis, self-awareness, craft, adult education)
- Read, learn something new. Rediscover old interests, activities, friends.
- Plan things to which you can look forward – a trip, visit, lunch with a friend.
- Start now to build memories today for tomorrow.
- Find quotes/posters/poems that are helpful to you and post them where you can see them.
- Pray, read the Bible, trust.

Other ideas:

- Take a hot relaxing bath; bask in the sun; take time for yourself (movie, theater, dinner).
- Be good to yourself
- Do something for someone else.
- Join a volunteer or support group.
- Helping others does much to ease the pain. Reach out and touch someone.
- Be determined to work through your grief. Remember, you will be better. Hold on to hope.
- Some days you just seem to exist, but better days will be back.
- Simply stated – put balance back in your life: PRAY, REST, WORK AND PLAY.

~From Safe Place by Anita Savage, Stanford CT

The Prayer of the Synod: Adsumus Sancte Spiritus

This prayer can be widely used throughout the diocesan phase of the Synodal Process. Attributed to St. Isidore of Seville (506-636), it has been traditionally used at Councils and Synods for hundreds of years. The version below was specifically designed for the Church's Synodal journey from 2021 to 2023.

Together, listening to the Holy Spirit, let us be led by God:

*We stand before You, Holy Spirit,
as we gather together in Your name.
With You alone to guide us,
make Yourself at home in our hearts;
Teach us the way we must go
and how we are to pursue it.*

*We are weak and sinful;
do not let us promote disorder.
Do not let ignorance
lead us down the wrong path
nor partiality influence our actions.*

*Let us find in You our unity
so that we may journey together
to eternal life and not stray
from the way of truth and what is right.*

*All this we ask of You, who are at work in
every place and time, in the communion
of the Father and the Son, forever and
ever. Amen.*

**PLEASE NOTE: All information pertaining to the Synod may be obtained from the
Diocese of Saint John website.**

<https://www.dioceseofsaintjohn.org>

It is with great pleasure we announce the 60th Wedding Anniversary of Clovis and Lydia Caissie. Clovis and Lydia were married on November 25, 1961 in Rogersville, New Brunswick. They have resided in Saint John all their married life. They are blessed with three daughters, three son-in-laws, three grandchildren, two grand-son-in-laws, and six great grandchildren. They are a testament to 1 Corinthians 13:4-7. May the Lord bless them with abundant joy as they celebrate this very special milestone. Due to Covid-19 still lingering amongst us, they will be celebrating with their immediate family only. However, if you would like to send best wishes, please send along a card to 1199 Lorneville Road, Saint John, NB, E2M 7G6.

Eternal Rest Grant unto them O Lord..." Our prayers and condolences go out to the families Rev. Vince Donovan, Dermot O'Toole and Dr. Soharab Lutchmedial

COLLECTIONS - THANK YOU FOR YOUR GENEROSITY!!!

Nov 07, 2021 – Regular \$2,544.00 Loose \$155.00 eTransfers - \$60.00

Food Bank - \$20.00 Building Fund - \$605.00

PAD Weekly Average - \$1,694.00 PAD BLDG - \$172.00

**THANK YOU TO THOSE WHO CONTINUE TO DROP OFF OR MAIL THEIR MONETARY DONATIONS.
WITHOUT THIS EFFORT WE WOULD NOT BE ABLE TO MEET OUR EXPENSES.**

MASS SCHEDULE 2021

Nov 16, 2021	Tue	St. Matthews Worship Site	7pm	Dave Black
Nov 18, 2021	Thur	St. Rose Worship Site	12:10pm	Val Martin
Nov 20, 2021	Sat	St. Rose Worship Site	4pm	Joe Martin Gladys Williams
Nov 21, 2021	Sun	St. Rose Worship Site	9am	Millie Kingston
Nov 21, 2021	Sun	St. Matthews Worship Site	11am	Peter Godin Domicien Robichaud

**2022 MISSALS – LIVING WITH CHRIST - ARE AVAILABLE IN THE ENTRY WAY
\$6.00 EACH – PRICE INCREASE TO COVER COSTS**

Daily Prayer This Week

Making changes in our lives and the fear of making those changes are both themes in this week's gospels. Zacchaeus boldly reforms his life after he allows Jesus into it. The servant who is given a gold coin hides it in a handkerchief because he is afraid of his master. He has a chance to be given responsibilities but his fear keeps him from doing anything.

We are often afraid when we consider making a change in our lives. We can see habits that are not healthy, a benign neglect of those we love and patterns that are deeply set in our lives. We may know deep down that we want to change them but we don't have the confidence to believe we can do it. This week we are invited by Jesus to know that while we can't make those changes alone, we can, if we allow Jesus to be with us in them.

Where do we start? With a small prayer. In those tiny pockets of time during our week, when we travel, ride to work, do dishes, or even in the shower, we can make these reflective moments to ask for help. Just as Jesus asked the blind man, "What do you want me to do for you?" he is asking us the same question.

What do we want Jesus to do for us? Where do we want to make changes in the patterns of our lives? What changes are we afraid to make?

Dear Jesus, I ask for your help. Heal my fears. You have asked how you can help me and I am afraid to answer. I know what changes need to be made in my life but it seems overwhelming. Help me to open my heart to what you are asking - and to what I know I need. Be with me when I don't always know how to live in these new patterns and give me the humility to keep asking you for help, over and over. Let me feel your presence in my life and that will give me the strength and courage I need to live my life more faithfully.

Let us wish Father Tom every blessing as he returns to New York to visit with family and friends whom he has not seen since before the Pandemic. We will miss you Fr. Tom!

Sunday Exposition/Adoration: November 14 & 21 - St. Rose Worship Site 1-2 p.m.

Prayer Shawl Ministry – Prayer shawl ministry meets weekly on Wednesdays, from 10am to 1:30pm in the rectory hall at 279 Nerepis Road, Grand Bay-Westfield. Knitters & crocheters are welcome, or anyone wanting to learn. Yarn is supplied. Please note that masks are required.

Holy Spirit Women's Society – November's Monthly meeting will be Monday, November 29, 2021 at 6:30pm in the Rectory Hall. All women of both worship sites are welcome to attend. Also, if you want to keep up with what we are doing, find us on Facebook by searching Holy Spirit Women's Society. Please note that masks are required. Jill Robillard – Chairperson 639-0007

Advent Candles: 4 Candles, Unscented, 10 Inch Advent Taper Candle Set, Long Burning. Saint John Chapter, New Brunswick Right to Life, Fundraiser \$15.00 per set. sjrighttolife@gmail.com 506-333-9509

Holy Spirit Parish

St. Matthews & St. Rose of Lima Worship Sites

33rd Sunday in Ordinary Time - November 14, 2021

We are a welcoming community of growing disciples who share our faith, support one another, and lead others to Jesus.

***** OFFICE HOURS*****

Tuesday - Friday: 9 am to 4 pm

Office Number - 738-2320 Office Number - 653-6850

Monday: both offices closed

CONTACT INFORMATION

Email: holyspiritparish@nb.aibn.com

Pastor – Rev. David J. Martin

Mailing Address: 279 Nerepis Rd, Grand Bay-Westfield, NB E5K 2Z9

St. Matthew Worship Site – (506)738-2320 Fax: (506)653-6865 Website

www.holyspiritparish.ca

Civic Address: 45 Dollard Drive

St. Rose of Lima Worship Site – (506)653-6850 Fax: (506)653-6865 Website

www.holyspiritparish.ca

Civic Address: 541 Milford Road

Confessions - The Sacrament of Reconciliation 3:15pm Saturdays at

St. Rose of Lima Worship Site

Sanctuary Light at St. Matthews Worship Site – for the month of November is in memory of Domician (Joe) Robichaud

RELIGIOUS EDUCATION CONTACT INFORMATION

Holy Spirit Parish –Please contact Linda Spinney at 636-0677 or email her at linspin@nbnet.nb.ca

PANDEMIC TEAM CHAIRPERSON

Mark Palmer – 506-635-5742 or email him at markj@nbnet.nb.ca

Gentle Path – Counselling Services – Pathways to Hope

Gentle Path Counselling Services provides counselling at the 28 Richmond Street Office and is now scheduling appointments at Horizon's Market Place Wellness Centre in the Lower West Side

We offer counselling for:

Anxiety	Addictions	Grief & Loss	Domestic Violence
Couples Counselling	Sexual Assault Trauma	Self Esteem & Body Image	Sexual Identity & Orientation
PTSD	Parenting	Depression	First Nations
Kids & Teens	Blended Families	Anger Management	Work Related Issues

(Subsidies are available)

Gentle Path Counselling Services, Ltd.

Phone (506)652-7284 Toll Free 1-888-394-4022

www.gentlepathsj.com

Facebook: Gentle Path Counselling Services

<https://www.facebook.com/gentlepathcounselling>

services/

Charitable # - 85377 7175 R0001