



You Interested in the priesthood, life of a religious brother, and want to see for yourself what seminary life is like? Come and see!

TO SERVE IS TO REIGN

Spent Last Day Arrived in Seminary and become acquainted with other young men who have the priesthood as their vocation in mind.

Arrive Saturday morning, preferably a sleeping bag, school clothes, and some old clothes for sports, a towel, etc.

8:00-9:00 am.

9:00 am.

8:00-9:00 am.

## Fulton Sheen's Warning is Uncannily Prophetic

What happens when we're exposed to a relentless stream of highly emotional content? The effects are pretty scary. When you hear the words of Venerable Fulton Sheen and other holy men and women from the past, there's a common reaction: surprise at how accurately they describe our present-day problems.

The truth is that human nature doesn't change. Sin doesn't change. Temptation doesn't change. No matter how much technology changes, we humans are the same. We keep needing the same advice and warnings ... and invitations to hope.

So when we listen to the saints and holy people of the past, their words seem to speak directly to us today.

A wise voice from the fairly recent past is Venerable Fulton Sheen, the archbishop and theologian who reached millions with his influential radio and Emmy-winning television show *Life is Worth Living*.

His wisdom is still so relevant today. In fact, one of his quotations seems to describe our current 24-hour news cycle with uncanny foresight!

Social media didn't even exist back when he said these words, but it sounds as if he is describing it — especially the worrying effect it has on our ability to see things with right judgment.

What happens when we're exposed to a relentless stream of highly emotional content? Some content brings bad news, and some brings good news, but all of it is designed to play on our emotions.

And the effects are pretty scary.

"Pulled and pulled like the spring on a screen door"

"Why can't you see that after a while, our emotions are like the spring on a screen door, pulled and pulled so often?

And after a while, it loses all of its resiliency.

And then later on in life, there come real objects and problems toward which the emotions of love and hate and anger and justice and so forth, should be aroused, but they become so exhausted, so emasculated, by being pulled at artificially, that they're no longer aroused.

And that is why, in the face of social injustices, dishonesties, affecting one industry after another, and politics, we remain cold."

### Globalization of Indifference

When our emotions are constantly whipped back and forth, we actually lose our instinct to react the way we should to serious problems. We become numb.

Decades after Sheen said these words, plenty of research confirms what he said. Stanford psychiatrist Anna Lembke, MD, author of *Dopamine Nation*, explains how social media and compulsive overconsumption can affect our brain chemistry:

Feel-good substances and behaviors increase dopamine release in the brain's reward pathways.

The brain responds to this increase by decreasing dopamine transmission — not just back down to its natural baseline rate, but below that baseline.

Repeated exposure to the same or similar stimuli ultimately creates a chronic dopamine-deficit state, wherein we're less able to experience pleasure.

We see the truth of what Sheen observed. A constant stream of emotional stimuli makes us less able to respond appropriately to things that matter.

### We Can't be Indifferent

Pope Francis gave a similar warning, calling for an end to the "culture of indifference." He urged the faithful to follow God's example of love, "without ever turning away" from people's needs, especially those of the poor.

What's the solution to chronic overconsumption? We can't let these things take over our lives. Breaks from consuming news and social media are so important. We can't let ourselves stop caring about other people. And we need to be in contact with actual people. As much as technology helps us to stay in touch, we can't overestimate the importance of physical togetherness.

Instead, prayer, time with our families, reading, social events with friends, hobbies, and many more valuable things can and should fill our lives.

And when real problems arise — social injustices and sorrows — we won't be indifferent. We will be ready to respond appropriately, caring for others' needs and using our voices to call for justice and truth.



### East Side (Ramp) Door Adoration Chapel Open:

For private prayer from Tues. to Fri. 9 am to 3 pm. This is a place for private prayer and reading, not vocal prayers.

If needed, the parish office washroom is available during these hours: enter outside to the west side - to the office.

## WEEKLY MASS INTENTIONS

**SUNDAY, Feb. 1st - Fourth Sunday in Ordinary Time**  
9:00 am; 11:00 am; 4:00 pm - **Parishioners**  
**MONDAY, Feb. 2nd - The Presentation of the Lord**  
8:00 am - **Rosemarie Wertschek+**  
**TUESDAY, Feb. 3rd - St. Blaise +316**  
4:00 pm - **Ken Joseph Yung Hsiang Huang+**  
**WEDNESDAY, Feb. 4th - Ferial**  
8:00 am - **Fraser Ballantyne**  
**THURSDAY, Feb. 5th - St. Agatha +251**  
8:00 am - **Roy McIntosh+**  
**FIRST FRIDAY, Feb. 6th - St. Paul Miki and Comps. +1597**  
8:00 am - **Doris Joseph**  
4:00 pm - **Erceg Family**  
**SATURDAY, Feb. 7th - Ferial**  
9:00 am - **Denis Kelly**  
5:00 pm - **Ed Des Roches+**  
(Fifth Sunday in Ordinary Time)

### Sunday Solemn Sung Vespers and Benediction:

Vespers at 3:30 pm and Mass at 4 pm. Join us for prayer.

### Catechism Grade 1-7:

**"PREP" Classes begin Tues. Jan. 13th at 4:30-5:30 pm in the Church.**

Registration forms (green) are available next to bulletin. For more info, please contact Parish office, Tues. - Fri. from 9 am - 3 pm.

### RCIA Classes and Talks on the Faith:

**(This takes place in the Church)**  
**Tuesdays at 7-8 pm from Jan. 20th to Mar. 17th (8 wks)(Break Feb. 10th). Topic: Mary & the Saints, What happens after we die?**

All are welcome to learn more about the Faith and for the non-Catholics who want to become one.

### Before/After Mass Devotions:

A 2nd vigil light stand has been gifted to us from St. Pius X Parish for the right side of the sanctuary. "St. Joseph, pray for us."

### Envelope Boxes:

The 2026 envelopes are available at the East side of the back of the church. If you would like a box of envelopes, simply sign up in one of the red binders and they will be put out for you the next Sunday. If new, please fill out the New Parishioner Registration Form.

Thank you for your support!

### Building Fund:

**N.B.** All donations made to building fund go towards building our own Parish Centre and are not taxed the usual 15% by the diocese.

### Office Mail Slot Location:

**N.B.** Mail slot is located at 1425 W 39th Ave.

### Blessing of Cars or Religious Articles:

Please see Father after any of the Sunday Masses.

### Blessing of Homes:

Please contact the parish office.

## MARK YOUR CALENDAR:

### Presentation of the Lord & Candlemas:

Blessing of candles this **Mon. Feb. 2nd at 8 am.**

### St. Blaise:

Blessing of throats this **Tues. Feb. 3rd at 4 pm.**

### Men's Monthly Meeting:

**This Wed. Feb. 4th at 7 pm in the Church.**

Topic: "Life is worth Living" by Venerable (soon to be Blessed) Archbishop Sheen (+1979). Join us for discussion and refreshments.

### First Friday Faith Studies:

**This Feb. 6th at 10:30 am (Coffee at 10:15).**

Topic: "Jesus and the Last Supper" by Dr. Brant Pitre. Anyone interested, both men and women, are invited to join us for discussion.

### First Friday Benediction and 2nd Mass:

**This Feb. 6th** with Adoration at 12 noon to 4 pm, Benediction at 3:45 pm, and 2nd Mass at 4 pm.

### Homilies for the Weekend of Feb. 7th-8th:

Will be given by Fr. Ricardo Pineda.

### Pre-Lenten Parish Mission:

"No Greater Love: The Eucharist as Heaven On Earth!" Four-Night Parish Mission with Fr. Ricardo Pineda.

**Mon. to Thurs. Feb. 9th-12th** at Sts. Peter and Paul. **Prayers at 6:45 pm and Conference Talk at 7 pm.**

### Tues. Feb. 10th Mass:

Mass will be at 8 am, no 4 pm Mass.

### Upcoming Holidays:

**Mon. Feb. 16th** - Family Day Mass at 9 am.

**Tues. Feb. 17th** - Lunar New Year (Horse) Mass at 4 pm.

### Palm Burning Ceremony:

**On Tues. Feb. 17th at 4:30 pm.**

Kindly place last year's palms for the ashes in the bins provided on the front porch or in the vestibule.

Everyone is welcome to join in the ceremony.

### Ash Wednesday Masses:

**Feb. 18th** at 8 am, 4 pm, 7 pm.

### October Holy Land Pilgrimage Tour Info:

**On Sat. Feb. 21st at 10 am** in the Church.

### Lenten Stations of the Cross:

Wednesdays at 6:30 pm beginning **Feb. 25th.**

### The Sacrament of Baptism:

Parents and Godparents are to be married in the Catholic Church, and parents need to be registered parishioners for at least 2 months.

### Sacrament of Marriage:

Couples planning marriage (here or elsewhere) must contact the Parish Priest at least 8 months before the wedding. Must attend the Marriage Preparation Course and the Catholic is to be registered here, at least 6 months and regularly attending Mass here.