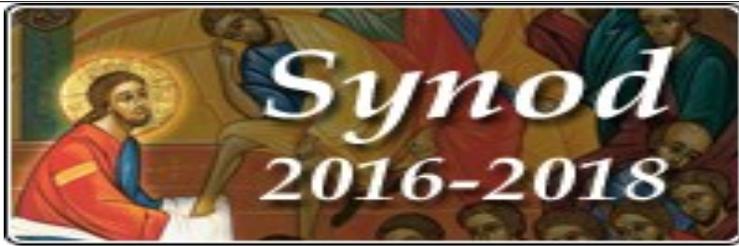


2nd Sunday In Ordinary Time - January 14th & 15th, 2017  
 3rd Sunday In Ordinary Time - January 21st & 22nd, 2017  
 "I am the Good Shepherd. I know my own and my own know me." John 10.14



Collection January 1	Collections Required Per Week	Weekly Collection + / -	Year to Date Collections + / -
\$ 2,034.85	\$ 3,435.00	- \$ 1,400.15	- \$ 1,400.15
Jan. 7 & 8			
\$ 3,604.05	\$ 3,435.00	+ \$ 169.05	\$ -1,231.10

**JANUARY**

- 19 Ministry of Hope 7:00 pm
- 19 Knight's of Columbus Meeting(rescheduled) 7:30 pm
- 30 Blood Donor Clinic 3:00 - 8:00 pm  
 @ Good Shepherd Parish Hall

**THE MINISTRY OF HOPE** - will meet on January 19th, at 7:00 p.m. at the church. All are welcome! Our ministry is to give support to families dealing with issues of depression, anxiety and addictions. For information, contact Denise Payment 204-267-2755.



**BLOOD DONOR CLINIC** - please help us "Make a Miracle" by giving someone the best gift they may ever receive, for them and their families. 5 blood donors may be needed to help 1 heart surgery patient. You can help by donating and encouraging others to donate at the following clinic at **Good Shepherd Parish** on **January 30th, 3:00 - 8:00 pm**. Thanks to all of you for saving lives with your donation of blood. Your efforts have helped us to make a huge difference in the lives of patients in area hospitals.

**PORTAGE & AREA COALITION FOR REFUGEES**

With the arrival of the second sponsored Syrian family, we are asking for help to provide for these two families who have been forced from their homes by war as they make a fresh start here in our city. We are still in need of funds. Donations may be made using envelopes found at the back of the church and can be placed in the collection basket. Thank you for your generosity, past and present. The families are very grateful.



**CHANGE OF ADDRESS** - if you have moved and changed your address could you let the office know. I will be working on the donation receipts in the next couple of weeks and I would like to have your correct address. Thanks, Bernadette

Number of Parishioners Contributing to Sharing God's Gifts	Percentage of Parishioners Contributing to Sharing God's Gifts	
143/345	42%	
Target Amount	Collected As of December 31	Year to Date + / -
\$ 35,280.00	\$ 31,264.50	- \$ 4,015.50

**WORD AMOUNG US REFLECTION**

**BOOKLETS** - are available in the gathering area. As you may not be aware, these books come from the States. The cost has gone up because of the exchange rate. **If you choose to pick up a booklet for yourself, they will be \$2.50.** Thank you.

**PRAIRIE WELCOME HOUSE** - Many thanks for the recent donations to our Christmas festivities. We are currently in need of floor cleaning supplies. We are looking particularly for products called REJUVENATE and CLEAN & REVIVE. There is also a need for plain TEA BAGS & SUGAR. Items can be left in our bin in the gathering area or dropped off at Prairie Welcome House at 133 Saskatchewan Ave. East. Monetary donations are welcomed and can be tagged for Prairie Welcome House and put in with the collection. Thank you .



**HOT BLIZZARD FOLK FESTIVAL** - Melt the winter blues away on Saturday February 4th from 1 – 10 pm at Trinity United Church. Come and go, snacks, chili, diversity of music, dancing, fun for everyone, public jam session (bring your instrument). Tickets and info available at Hills, Trinity, and online at [portagefolk.com](http://portagefolk.com). Bring your family and spread the word. 12 and under free. Adult: \$20; Student; \$15. Give the gift of music through sponsorship tickets for people that would like to go but can't afford to go. Articles on artists are also available in Daily Graphic or Herald Leader weekly.



**KNIGHTS OF COLUMBUS** - Cribbage tournament will be held each Monday in February, the 6th, 13th, 20th, 27th, March 6th at the Good Shepherd Church Hall at 1225 Sask. Ave East. The top two scores each week will advance to the playoff round. The playoff will be held Monday Mar 6th where prizes will be awarded for 1st to 4th place. Registration begins each night at 6:30 PM and games start at 7:00 PM sharp. Entry fee is \$5.00 per player, 10 each single player games will be held each night. 50% of each nights entry fees will be put towards the playoff prize money. A side tournament the night of the playoff will also be held with a 50% payout of the nights entry fee. Canteen will be available. For more info please contact Kevin Le Lievre at 204-239-6696.

"From the Eucharist, this sacrament of love, flows every authentic journey of faith, of communion, and of witness." (Pope Francis)

## *Around the Kitchen Table*

If someone asked you what comes to mind when you think of mental illness, what would you describe? A guy with red-rimmed eyes who sits on the curb, his head lolling to one side? The woman with the runny nose wearing dirty clothes, begging for change? Unfortunately, that's what comes to mind for most people.

Here are some that don't come to mind: a kid smiles through his school day with stomach clenched in rage and despair because he can't talk about the abuse going on at home; a mother has post-partum depression so severe she sobs on the inside but can't say anything because others see only her adorable baby; the quiet co-worker sitting next to you is so ridden with anxiety her head is screaming and she wants to disappear.

People are doing good work toward combating our stereotyped notions of what mental illness looks like. Sophie Gregoire Trudeau, the wife of the prime minister, challenges people to "talk more openly in schools, at the dinner table, among friends." Her mother-in-law Margaret Trudeau travels the country talking about her struggle with bipolar disorder and urging the government to take action on this serious health issue. Athletes like Olympians Clara Hughes and Silken Laumann, NHL stars like Theo Fleury and Sheldon Kennedy, have spoken openly, as have celebrities like Lena Dunham, Drew Barrymore, J.K. Rowling among many others.

I'm glad they are speaking out about the various forms of mental illness they've experienced: depression, anxiety and panic disorders, PTSD, forms of bipolar illness, schizophrenia, eating disorders, substance abuse and addiction. They seek to "normalize" mental illness as much as cancer or diabetes is in the hopes of getting rid of the stigma, so we ordinary people will divulge our struggles and be motivated to get help.

But talk is difficult when the stigma is still there. I've heard someone jokingly look for an excuse not to fulfil an obligation: "I'll tell them I'm bipolar and off my meds." Laughs around the table. Tell someone you have bipolar and check out this reaction: "I'm sorry for your problems." As if you've done something you need to make amends for. Or this one: "I feel crappy. I must have it too." Comparing mental illness to a routine bad day minimizes the disease, making the person feel shamed, as though they're just "complaining" and shouldn't have mentioned it.

As well-meaning and as important as their work is, celebrities are not "normal" in the sense of our everyday worlds. They are beautiful, wealthy and extremely talented. While I acknowledge their unquestionable illnesses, they have access to the best help and medication money can buy, without delay. I waited a year-and-a-half for a referral to a psychiatrist. For many who suffer some form of mental illness, that amount of time could be fatal. It certainly would be in the case of cancer. If you do not believe mental illness is fatal, witness the many suicides, and murder-suicides that happen across the country. The most recent was an Afghan veteran and his family in Nova Scotia. According to sources, he was not getting the help he needed. And northern communities could well declare a state of emergency with their rates of indigenous youth suicide.

Psychiatrists are covered by medicare, but wait times are long. What about psychologists and other therapists — it's much easier to get an appointment with them, isn't it? At \$200 an hour and up, the cost is out of reach. At the start of therapy, appointments are often weekly or twice a month at the least in the beginning, and once per month for maintenance as time goes by. The cost can rise to \$6,000 a year. Insurance plans vary, but they tend to cover about \$400 per calendar year. That's two appointments — not even enough to articulate a problem and begin to sort out solutions.

According to the Centre for Addiction and Mental Health (camh.ca), in any given year one out of five Canadians experiences a mental health or addiction problem. By the time they reach 40 years of age, one in two have or have had a mental health illness. As well, mental illness is a leading cause of disability in Canada. People with mental illness and addictions are more likely to die prematurely than the general population. Mental illness can cut 10 to 20 years from a person's life expectancy.

I know of people who have waited in emergency for hours because they feel suicidal, only to be sent home because there isn't room, or the resources aren't available. There's always someone with an obvious injury who gets priority, though the wounds of the mentally ill patient are no less severe. There are no pink campaigns for mental illness, no door-to-door fund-raising blitzes or CFL weekends where the players wear . . . what? Blue? Black?

Efforts are growing to create awareness and work toward support for mental illness. Mendthemind.ca seeks to "shatter the stigma." Defeatdepression.ca has ideas for awareness campaigns. The Mood Disorders Society of Canada is running an "Elephant in the room anti-stigma" campaign. Notmyselftoday.ca is trying to improve mental health in the workplace. These are just a few of many organizations that can be found by searching online.

The Canadian Alliance on Mental Health and Mental Illness says in the advocacy section on its website: "In its role as advocate, CAMIMH believes now is the time for the federal government, in strategic collaboration with the provinces and territories and as part of a negotiated First Ministers' health accord, to significantly accelerate investment in mental health programs and services."

We need to help, and the most important place to start is at home, in the workplace, and at school. Beginning to talk about mental illness means someone won't have to make the excuse that you "have a cold" when the reality is that depression and anxiety are too overwhelming to cope with a room full of people and you just need to stay home where it's quiet.

Article by Maureen Weber – Prairie Messenger

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<b>2nd Sunday in Ordinary Time</b> Saturday, January 14th Sunday, January 15th	7:00 pm 11:00 am	Good Shepherd Good Shepherd	†Jack Schick by the Dacquay Family Cure for Cancer by the Lupkowski Family
Wednesday, January 18th	10:00 am	M.D.C.	All Souls in Purgatory by Jacklin Jackson
Thursday, January 19th	9:00 am	Good Shepherd	†Louis & †George Kelemen by Julia & Family
Friday, January 20th	9:00 am	Good Shepherd	For the Health of Tim Norman by Marjorie & Tom Norman
<b>3rd Sunday in Ordinary Time</b> Saturday, January 21st Sunday, January 22nd	7:00 pm 11:00 am	Good Shepherd Good Shepherd	†Josephine Kroeker by Sylvia & Guy Gauthier †Leona Jackson by the Family
Wednesday, January 25th	9:00 am	Good Shepherd	For the Health of Olia Jesson by Margaret & Family
Thursday, January 26th	7:00 pm	Good Shepherd	For the Sick by the Knights of Columbus
Friday, January 27th	9:00 am	Good Shepherd	†Jim Zalluski by the Family
<b>4th Sunday in Ordinary Time</b> Saturday, January 28th Sunday, January 29th	7:00 pm 11:00 am	Good Shepherd Good Shepherd	†Frank & †Sophie Ryzner by the Family †Randy St. Goddard by Fred & Irene Beamer & St. Goddard Family

### *Friendly Reminders*

#### Saturday, January 21st

**Greeters** - Mary Bolton, Zennia Semchyshyn  
**Ushers** - Jo-ann & Karl Voseenek,  
Bernadette Gnanapragasam, Cecile Scott  
**Gift Bearers** - Lillian & Pierre Huberdeau  
**Lectors** - Rick Ryzner, Jim Ross  
**Eucharist Ministers** - Helena Kot, Denise Payment,  
Jewley Baby, Lynda Jones, Deepthy George

### *Friendly Reminders*

#### Sunday, January 22nd

**Greeters** - Ruth Deegan, Jo Laurans  
**Ushers** - Michel Dufault, Brenda Franke,  
Francisco Gonzalez-Cortez, Candida Martinez-de Gonzalez  
**Gift Bearers** - Galarneau Family  
**Lectors** - Marie Hinagpis, Gayly Reniedo  
**Eucharist Ministers** - Lidia Garcis de Garcia,  
Guy & Sylvia Gauthier, Karen McLeod, Pauline Calder,  
Garth Bullock, Arthur Rey

### *Friendly Reminders*

#### Saturday, January 28th

**Greeters** - Pauline Puff, Madeline Provo  
**Ushers** - Bill & Florence Zettler,  
Paul Seguin, Raymond Smith  
**Gift Bearers** - Bernadette Gnanapragasam, Mary Bolton  
**Lectors** - Rosemary & Dave Barney  
**Eucharist Ministers** - Luc & Donna Gamache,  
Audree Peech, Rajah Regimon, Zennia Semchyshyn

### *Friendly Reminders*

#### Sunday, January 29th

**Greeters** - Rose Marie Neault, Hazel Desjardin  
**Ushers** - Bill & Elaine Vint,  
Sharon Murkin, Sinto Sebastian  
**Gift Bearers** - Appah Family  
**Lectors** - Sylvia Gauthier, Ruth Deegan  
**Eucharist Ministers** - Neenu Shibu, Elaine Harder,  
Gary van der Zweep, Joe & Marie Wermie,  
Evaristo Garcia, Suzanne Borisenko

**STEWARDSHIP REFLECTION** - As the prophet Isaiah proclaims in the first reading, the Lord continues to remind us that we are his servants. Imagine the Lord speaking these words to you personally: "You are my servant. Through you I show my glory. I formed you as my servant from your mother's womb. I will make you a light so that you may shine the light of my salvation everywhere you go, and reveal my glory to everyone you encounter. I will give you the strength to do this. I will give you confidence. Heed my words, for I have spoken to you." What would your response be to the Lord? Would it be different from the response you give the Lord now?

*"From the Eucharist, this sacrament of love, flows every authentic journey of faith, of communion, and of witness." (Pope Francis)*