

Fr. Martin's Reflection – November 20, 2022

Dear Sisters and Brothers,

This weekend we celebrate the Solemnity of Christ the King. This solemnity alerts us to the coming to an end of another liturgical and calendar year, but it also highlights for us the beginning of a new year founded on the hope of the birth of Jesus Christ. Let us think of what faith resolutions we will make for this new year. How am I preparing for the birth of Christ in my life? What things can I do that will bring me closer to God?

- **Acknowledging to myself my need for God's love and healing that can be received in the Sacrament of Reconciliation (confession)**
- **Spend quality time with Jesus before the Blessed Sacrament (The Blessed Sacrament will be exposed in St. Mary Church from 1pm – 8pm Wednesdays of Advent)**
- **Make Christ the center of our family's Christmas Celebrations**

I would also like to wish you and your family a wonderful Thanksgiving. Thanksgiving can be very different each year because of all the events that can happen in 12 months. In the difficulties of life, it is good to stop and look at what it is that I/we can still be thankful for? The negatives in our lives can take up so much time and energy that the positives are pushed to the corner or lost altogether. The list below is from last year but I still think it is a good guide to go by:

I did a google search on the 10 things to be thankful for and this is what I found:

1. A roof over my head and a warm home
2. Plenty of drinkable water
3. I don't have to go hungry
4. I can enjoy the small and free pleasures of life
5. My friends and family
6. My health
7. The kindness of people that I have never met before
8. The set-back that formed me and made me stronger
9. I am alive
10. Being a member of Mary, Mother of the Church Parish (I put this in but it's true)

So why be thankful/grateful?

- Increases your personal happiness
- Help you get better sleep
- Increase our success at work
- Improves our relationships
- Make you healthier
- Increases your energy
- Helps us relax
- Help you live longer
- ...Plus, much, much more

It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness at night. For you have made me glad, O Lord, in all you have done, and I sing for joy at the works of your hands. Ps 92:1-2, 4

So have a wonderful, grateful and love filled Thanksgiving.

Fr. Martin