

**LITURGIES FOR THE WEEK OF THE  
FIRST WEEK IN ORDINARY TIME  
AND THE SECOND SUNDAY IN  
ORDINARY TIME**

**January 9 - 15, 2023**

**Monday, 1/9 † The Baptism of the Lord**

6pm: Mollie & Silas Richie (Birthdays)

**Tuesday, 1/10 † Weekday**

8am: McKenzie

9am: A.S. Reparation of Sins of Abortion by Linda  
Garritano

**Wednesday, 1/11 † Weekday**

9am: A. S.

6pm: Marrienne Soplanda by Family

**Thursday, 1/12 † Weekday**

8am: Norman & Mary Schrombeck by Larry &  
Sharon Richie

9am: A.S.

**Friday, 1/13 † Weekday, Saint Hilary, Bishop  
and Doctor of the Church**

8am: Maisy

9am: A. S.

**Saturday, 1/14 † Weekday, BVM**

8:30am: Tom

**Saturday, 1/15 † Vigil, The Second Sunday in  
Ordinary Time**

4:30pm: Marrienne Soplanda by Donna Rowe

6pm: A.S.

**Sunday, 1/16 † ~~THE EPIPHANY OF THE~~**

**LORD 2ND SUNDAY IN ORDINARY TIME**

7:30AM: Sherry Jorczak by Thomas Jorczak Family

9am: A. S. Pat Spenner by John & Vera bobek

11:00am: Patricia Caron by Mary Lee Riley

†† R. I. P. ††

*Sherry Jorczak*

**This week at SS. C & M & All Saints**

Mon., January 9 – 3:30pm – SVDP, Parlor

Wed. Jan., 11- 4:45pm – Religious Education

Wed. Jan., 11- 6:30pm – Parish Council, Rectory

Thurs., Jan. 12 – 2:15pm -Legion of Mary, SS. C & M

Thurs., Jan. 12 - 4pm – Our Lady of Perpetual Help,  
SS. C & M

Thurs., Jan. 12 – 7pm – Men's Group, All Saints

**What is Winter Blues Syndrome?**

The winter blues, commonly associated with seasonal affective disorder, is **considered to be a mild form of SAD in which we experience a lack of energy, motivation, and a sense of dread due to the colder climate.** Because symptoms are mild, a common question asked is "is winter blues real?" Yes, it's been found that **10-20% of Americans experience winter weather blues each year.**

It's perfectly normal to show winter blues symptoms, given how important sunlight is to our health. Sunlight aids in many aspects of our wellness including our sleep-wake cycles, energy levels, and mental health. And when we don't get enough of it in the winter, we may start showing signs of the winter blues.

