

## CONVERSION OF ST PAUL - JANUARY 25

St. Paul, we ask your openness to conversion when we hear the Lord speak to us as He spoke to you. Assist us in responding with great faith to every invitation we receive to love the Lord more fully, to know Him more deeply, and to spread his word more broadly to those who need it.

St. Paul, pray for us!



St. Peter -In- Chains, Peterborough, January 2022

## Cathedral Connections



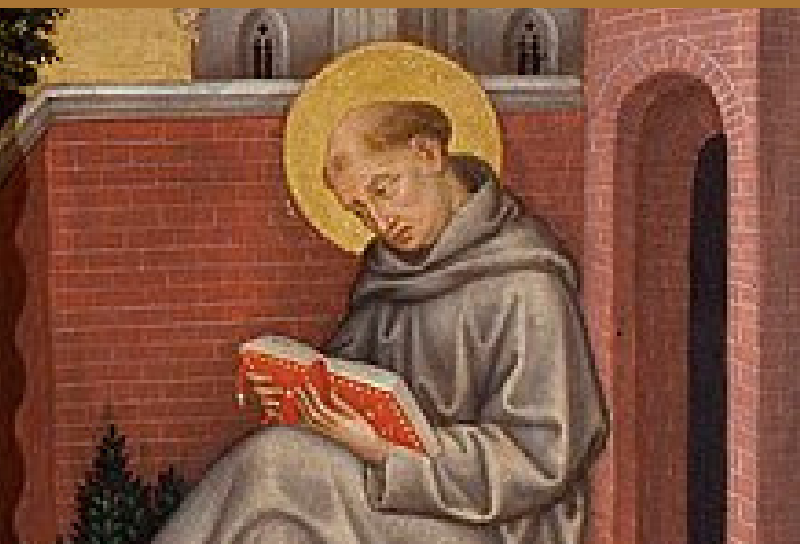
### JANUARY IS HOLY NAME OF JESUS MONTH

Christ's name is chosen in heaven and the Angel Gabriel announces it when he informs the Blessed Virgin of the incarnation: *"Behold thou shall conceive in thy womb and shalt bring forth a son and thou shall call his name Jesus"*.

It is a name that has marvellous implications, for it means "saviour." The very name bespeaks the magnitude of His mission, His infinite love, a love that will cause Him to offer Himself up for us.

The name of Jesus is the sweetest of all names and He who bears it is most worthy of all love. He who calls Jesus, his friend, can be assured that this friend is the most devoted and unselfish of all friends.

## ST THOMAS AQUINAS - JANUARY 28



St. Thomas, your life of the mind co-existed with a deep piety. Your writings defend the faith of those who have neither the time nor the gift for higher study. Help all those who teach in the Church to follow your example of humble and faithful inquiry into the highest truths.

St. Thomas Aquinas, pray for us!

### THANK YOU FOR THE FEEDBACK

We have received feedback from some of the recipients that the coloured blocks can be hard to read - especially due to the high shine created by the printing process. In this issue, we have tried to use more black print on white backgrounds. We hope that you will find it an improvement.

Thank you to those who provided feedback to help us improve. Please feel free to pass along other suggestions.

### ON-LINE MASS & ROSARY

As we are once again under restrictions and many are in lockdowns, please remember to join us for Mass from the Cathedral by clicking the link on our website: [www.stpeterspeterborough.ca](http://www.stpeterspeterborough.ca)

Pray the Rosary with fellow parishioners Monday - Friday at 5:00pm. For more details, contact Deacon Bill at 705-917-1529.

*"In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10)*

### 5 WAYS TO HONOUR THE HOLY NAME OF JESUS

- 1) Take a stand against using the name of Jesus in vain. Change the channel or turn off your tv - make reparation.
- 2) Bow your head when you hear the name of Jesus.
- 3) Say a novena or other devotion to the Holy Name of Jesus. Say a novena to St. Bernadine of Siena who had a special devotion to the Holy Name of Jesus.
- 4) Write His name on your house - literally! Write CMB, which means "Christus mansionem benedicat" (may Christ bless the house) over your door
- 5) Pray to Joseph and Mary to increase your love for their Son, along with your reverence for His Holy Name.





I SPY IN PETERBOROUGH...



Focus on the bill: Downy has a very short bill, much shorter than the length of the head. Also note the small black markings on the white outer tail feathers. Pacific population has smaller white spots on the wing and a grayer body than Eastern birds. Occurs in any wooded habitat, though western birds are more restricted to riparian areas. Often forages on smaller branches than Hairy Woodpecker. Familiar visitor to backyard feeders, especially fond of suet.

One Word Titled Movies - Word Search

The list of movies hidden in this word search game has only movies that have only one word in their name. The words in this word search are hidden across, down, and diagonally, with backwards.

E N H A E N A E I M I P W A K T N O E M  
S E T E A N B T Y D I S A P O U L B I T  
N N M I S N O N R N U E T T N P I H O T  
A W T O R T R O C K Y N C N E S B U O L  
O S C I N A T I T A B O H S V W R F A L  
H H P E R A A O G A T I M O E A A A I S  
T O A E I N O Y W L L T E O S J V I M C  
S L T D E N H H B N A P N I D T E E F A  
A T A H L B A R M A G E D D O N H G O R  
S L N V C R A A I I O C R T A O E H T F  
G R O R A W A J U M A N J I T E A O N A  
E T D F E T P H D S R I O G S I R S S C  
R T N O M H A W A U H Y S P S O T T E E  
E T U E A N G R E M I L I N S O L B E W  
N H R X N D T M T W I L I G H T E U E S  
D R E I E U B N E A T W Y C E E P S S I  
A L B S E A S U O T T Y Y S T D I T N T  
N A S W T T H P O R S S H R E R R E B R  
L B O S T E L M H H P P U N H T A R T R  
S E O R U O E L A L I E N I N T P S F D

- ALIEN  
ARMAGEDDON  
AVATAR  
BRAVEHEART
- GHOSTBUSTERS  
GLADIATOR  
GREMLINS  
HANNIBAL
- INCEPTION  
JAWS  
JUMANJI  
PLATOON
- PSYCHO  
ROCKY  
SCARFACE  
SEVEN
- TITANIC  
TWILIGHT  
TWINS  
WATCHMEN

JUST FOR LAUGHS

(Mis)fortune Cookie

Sad after the funeral of a friend, my wife and I ducked into a Chinese restaurant for a pick-me-up. The feel-good session ended when I read the fortune cookie: “You will soon be reunited with a good friend.” – Stanley Heerboth

Ultimate Doom

After a husband and wife had an argument, the wife calls her mother. “He fought with me again! I’m coming to live with you.”

To which her mother replies, “No, no, darling. He must pay for his mistake. I’m coming to live with you.”  
Submitted by Joan Vercueil

MAKING NEW YEAR'S RESOLUTIONS

Do you make New Year’s resolutions? Consider focusing on doable goals to boost your health and quality of life. It turns out even small daily adjustments can have a surprisingly big impact on your health!

Here are nine ways you can help yourself feel good:

1. **Eat more nutrient-dense foods.** You need fewer calories with aging, but just as many nutrients. Eat more nutrient-rich fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds. Also consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains, advises the National Institutes of Health (NIH).
2. **Do a variety of physical activities.** Older adults can benefit from doing four types of activity regularly. These include aerobic exercise, such as walking or swimming, for endurance; and activities to strengthen muscles, improve balance and increase flexibility, says NIH. Doing yoga, for example, combines balance, flexibility and strengthening.
3. **Think positively.** Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties, according to Dalhousie University.
4. **Stimulate your mind.** Challenging your brain to learn something new through a university or community class, book or movie club, or photography group, helps keep your brain healthy, says Dalhousie University. Lifelong learning helps build cognitive reserve, the brain’s resilience and ability to cope with stress and challenges.
5. **Help other people.** Research reveals volunteering improves health by reducing stress and depression risk, and keeping you physically, mentally and socially active. It also may help you live longer, reports Mayo Clinic.
6. **Stay connected and make new friends.** Social engagement and participation are especially important for older adults. These are linked to better cognition and overall health, and lower risk of depression and disability, reports Statistics Canada.
7. **Engage in the arts.** Participating in the arts through music, painting, writing, dance or theatre can stimulate people in unique ways that bring cognitive and mood benefits, according to McMaster University.
8. **Share a good laugh.** Humor, or a smile, can make you feel good even in difficult times. Laughter also strengthens your immune system, lifts mood, eases pain and lowers stress, says Harvard Health.
9. **Pray!** Never underestimate the power of prayer to improve spirits and health.