

CATHOLIC CHARITIES
ISSWP
NEWSLETTER



DECEMBER
2023
EDITION

TOPIC OF
THE MONTH

Coping - Skills

Each month our school mental health professionals push into classrooms to discuss a social-emotional skill. This month all grades will be focusing on coping skills. Coping skills can be effective tools to help us, self-regulate and manage challenging thoughts and emotions.

HOW THIS HELPS IN THE CLASSROOM

Helping students identify what causes them to feel certain emotions, and giving them the skills to manage these feelings is huge! It gives our students the support they need to be in control of managing their own thoughts and behavior. It not only empowers them, but provides them with tools to be successful. It also helps boost their self-confidence and ability to self-regulate!



THINGS TO TRY AT HOME!!!

During this time of year, who couldn't benefit from having a few helpful tips or strategies to try? The holidays are not an uncommon time for individuals to experience, unwelcomed stress, conflict, anger, sadness and grief. Here are a few suggestions to help encourage positive well-being: **set boundaries** (discuss expectations ahead of time, set time limits for activities), **get into a routine** (create balance, plan ahead), **brainstorm positive outlets for stress relief before it strikes** (physical activity, connecting with friends, mindfulness practices), **Reflect** [acknowledge your accomplishments both big and small, set SMART goals (specific, measurable, attainable, relevant, and timely)] and most of all **make time for yourself** (quiet time, hobbies or even something new).



Resources

- Here is more information on creating SMART goals: www.onoursleeves.org
- The Crisis Services 24-Hour Hotline provides immediate response to callers seeking assistance during or after a crisis, a traumatic event, or just needing to have someone provide validation or hope at 716-834-3131

**For more
information**

Visit www.ccwny.org

Calendar of Sundays and Holy Days for the 2023-24 Liturgical Year

Readings: Cycle B

Color	Date	Celebration
	12/3/23	First Sunday of Advent
	12/8/23	Solemnity--The Immaculate Conception of Mary (Holy Day of Obligation)
	12/10/23	Second Sunday of Advent
	12/17/23	Third Sunday of Advent (Gaudete [Rejoice] Sunday) (optional color: purple)
	12/24/23	Fourth Sunday of Advent
	12/25/23	Solemnity--The Nativity of the Lord (Christmas)
	12/31/23	Feast--The Holy Family of Jesus, Mary and Joseph
	1/1/24	Solemnity--Mary, the Holy Mother of God (Octave Day of the Nativity of the Lord)
	1/7/24	Solemnity—The Epiphany of the Lord
	1/8/24	Feast—The Baptism of the Lord
	1/14/24	Second Sunday in Ordinary Time
	1/21/24	Third Sunday in Ordinary Time
	1/28/24	Fourth Sunday in Ordinary Time
	2/2/24	Feast—Presentation of the Lord
	2/4/24	Fifth Sunday in Ordinary Time (Blessing of the Throats; St. Blaise's day, Feb. 3)
	2/11/24	Sixth Sunday in Ordinary Time
	2/14/24	Ash Wednesday
	2/18/24	First Sunday of Lent
	2/25/24	Second Sunday of Lent
	3/3/24	Third Sunday of Lent
	3/10/24	Fourth Sunday of Lent (Laetare [Rejoice] Sunday) (optional color: purple)
	3/17/24	Fifth Sunday of Lent
	3/19/24	Solemnity of St. Joseph. Spouse of the Blessed Virgin Mary
	3/24/24	Palm Sunday of the Passion of Our Lord (Passion Sunday)
	3/28/24	Holy Thursday
	3/29/24	Friday of the Passion of the Lord (Good Friday)
	3/30/24	Holy Saturday (Easter Vigil)
	3/31/24	Easter Sunday of the Resurrection of the Lord
	4/7/24	Second Sunday of Easter (Divine Mercy Sunday)
	4/14/24	Third Sunday of Easter
	4/21/24	Fourth Sunday of Easter
	4/28/24	Fifth Sunday of Easter
	5/5/24	Sixth Sunday of Easter
	5/9/24	Solemnity—The Ascension of the Lord (Holy Day of Obligation)
	5/12/24	Seventh Sunday of Easter
	5/19/24	Solemnity-- Pentecost Sunday
	5/26/24	Solemnity—The Most Holy Trinity
	6/2/24	Solemnity—The Most Holy Body and Blood of Christ (Corpus Christi)
	6/9/24	Tenth Sunday in Ordinary Time
	6/16/24	Eleventh Sunday in Ordinary Time
	6/23/24	Twelfth Sunday in Ordinary Time

	6/24/24	Nativity of St. John the Baptist (Our Church's Patron Saint)
	6/30/24	Thirteenth Sunday in Ordinary Time
	7/7/24	Fourteenth Sunday in Ordinary Time
	7/14/24	Fifteenth Sunday in Ordinary Time
	7/21/24	Sixteenth Sunday in Ordinary Time
	7/28/24	Seventeenth Sunday in Ordinary Time
	8/4/24	Eighteenth Sunday in Ordinary Time
	8/11/24	Nineteenth Sunday in Ordinary Time
	8/15/24	Solemnity—The Assumption of the Blessed Virgin Mary (Holy Day of Obligation)
	8/18/24	Twentieth Sunday in Ordinary Time
	8/25/24	Twenty-First Sunday in Ordinary Time
	9/1/24	Twenty-Second Sunday in Ordinary Time
	9/8/24	Twenty-Third Sunday in Ordinary Time
	9/15/24	Twenty-Fourth Sunday in Ordinary Time
	9/22/24	Twenty-Fifth Sunday in Ordinary Time
	9/29/24	Twenty-Sixth Sunday in Ordinary Time
	10/6/24	Twenty-Seventh Sunday in Ordinary Time
	10/13/24	Twenty-Eighth Sunday in Ordinary Time
	10/20/24	Twenty-Ninth Sunday in Ordinary Time
	10/27/24	Thirtieth Sunday in Ordinary Time
	11/1/24	Solemnity—All Saints' Day (Holy Day of Obligation)
	11/2/24	The Commemoration of All the Faithful Departed (All Souls' Day) (optional colors: white, black)
	11/3/24	Thirty-First Sunday in Ordinary Time
	11/10/24	Thirty-Second Sunday in Ordinary Time
	11/17/24	Thirty-Third Sunday in Ordinary Time
	11/24/24	Solemnity—Our Lord Jesus Christ, King of the Universe

Advent 2024 begins on Sunday, 12/1/24.

Vestment and Altar Colors:

GREEN: color of life and hope. Used for Ordinary Time

RED: color symbolizing fire, love, blood. Used for celebrations of the Holy Spirit (i.e., Pentecost), celebrations of the Passion of Christ and for those daily Masses which honor martyrs.

WHITE: sign of purity, innocence, triumph and glory. Used for the seasons of Christmas and Easter; for Feasts of the Lord not associated with His Passion; for All Saints' Day, wedding Masses and for the funerals of children who have not reached the age of reason.

VIOLET: (Purple) symbol of penance and humility but also of kingship. Used in Advent and Lent.

ROSE: used only two Sundays of the Year, part-way through Advent and part-way through Lent. Sign of a "lightening" of the seriousness of the season, a sign of joy that is to come.

BLACK: used occasionally for All Souls' Day and for Masses for the dead (Requiem Masses).

BLUE may be used for celebrations of the Blessed Virgin Mary.

GOLD may be used in place of white, red or green, and is most often seen in the vestments used on Holy Thursday for Adoration and Benediction.

SOLEMNITIES are the highest celebrations and include all Sundays and Holy Days. The Gloria and the Creed are included in these Masses. **FEASTS** are second in importance; the Gloria is included in Mass.

For more detailed information about the entire liturgical year, see <https://www.usccb.org/resources/2024cal.pdf>