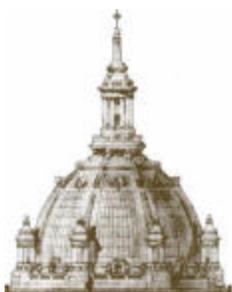

FIRST SUNDAY OF ADVENT | NOVEMBER 29, 2020



CATHEDRAL OF SAINT PAUL
NATIONAL SHRINE OF THE APOSTLE PAUL
239 Selby Avenue, Saint Paul, Minnesota 55102
651.228.1766 | www.cathedralsaintpaul.org

Rev. John L. Ubel, Rector
Priests In Residence: Rev. Mark Pavlak & Rev. Joseph Bambenek
Deacons Phil Stewart, Ron Schmitz & Nao Kao Yang

ARCHDIOCESE OF SAINT PAUL AND MINNEAPOLIS
Most Rev. Bernard A. Hebda, Archbishop
Most Rev. Andrew H. Cozzens, Auxiliary Bishop



LITURGY GUIDE FOR THE FIRST SUNDAY OF ADVENT—YEAR OF GRACE, CYCLE B

*The Great Organ is silenced during Advent.
Congregational singing is suspended per COVID protocol.*

INTROIT *Ad te levavi* Gregorian Missal, Mode VIII

Ad te levávi ánimam meam: Deus meus in te confído, non erubéscam: neque irrideant me inimíci mei: étenim univérsi qui te expéc-tant, non cofundéntur.
Ps. Vias tuas, Dómine, deménstra mihi: et sémitas tuas édoce me.

Unto you have I lifted up my soul. O my God, I trust in you, let me not be put to shame; do not allow my enemies to laugh at me; for none of those who are awaiting you will be disappointed. V. Make your ways known unto me, O

Lord, and teach me your paths. Ps 25:1-4

GREETING Roman Missal

Celebrant: ✠ In the name of the Father, and of the Son, and of the Holy Spirit.

Assembly: Amen.

Celebrant: The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. (or similar greeting)

Assembly: And with your spirit.

PENITENTIAL ACT Confiteor

I confess to almighty God and to you, my brothers and sisters that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do,

*And striking the breast, say:
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.*

KYRIE Sung by Cantor alone Kyrie salve, Missa XVII

Kyrie eleison. Christe eleison, Kyrie eleison

Lord, have mercy. Christ, have mercy. Lord, have mercy.

COLLECT (OPENING PRAYER)

THE LITURGY OF THE WORD

FIRST READING Isaiah 63:16B-17, 19B; 64:2-7

You, LORD, are our father,
our redeemer you are named forever.
Why do you let us wander, O LORD, from your ways,
and harden our hearts so that we fear you not?
Return for the sake of your servants,
the tribes of your heritage.
Oh, that you would rend the heavens and come down,
with the mountains quaking before you,
while you wrought awesome deeds we could not hope for,
such as they had not heard of from of old.
No ear has ever heard, no eye ever seen, any God but you
doing such deeds for those who wait for him.
Would that you might meet us doing right,
that we were mindful of you in our ways!
Behold, you are angry, and we are sinful;
all of us have become like unclean people,
all our good deeds are like polluted rags;
we have all withered like leaves,
and our guilt carries us away like the wind.
There is none who calls upon your name,
who rouses himself to cling to you;
for you have hidden your face from us
and have delivered us up to our guilt.
Yet, O LORD, you are our father;
we are the clay and you the potter:
we are all the work of your hands.

RESPONSORIAL PSALM

Psalm 80:2-3,15-16,18-19

Cantor, Schola, or Lector alone

Jeff Ostrowski; Joseph Barnby

Lord, make us turn to you, let us see your face and we shall be saved.

O shepherd of Israel, hear us,
shine forth from your cherubim throne.

O LORD, rouse up your might,

O LORD, come to our help.

God of hosts, turn again, we implore,
look down from heaven and see.

Visit this vine and protect it,
the vine your right hand has planted.

May your hand be on the man you have chosen,
the man you have given your strength.

And we shall never forsake you again;
give us life that we may call upon your name.

SECOND READING

1 Corinthians 1:3-9

Brothers and sisters:

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always on your account for the grace of God bestowed on you in Christ Jesus, that in him you were enriched in every way, with all discourse and all knowledge, as the testimony to Christ was confirmed among you, so that you are not lacking in any spiritual gift as you wait for the revelation of our Lord Jesus Christ.

He will keep you firm to the end, irreprouchable on the day of our Lord Jesus Christ.

God is faithful,

and by him you were called to fellowship with his Son, Jesus Christ our Lord.

GOSPEL ACCLAMATION Sung by Cantor alone

Alleluia, alleluia, alleluia

GOSPEL

Mark 13:33-37

Jesus said to his disciples:

“Be watchful! Be alert!

You do not know when the time will come.

It is like a man traveling abroad.

He leaves home and places his servants in charge, each with his own work,

and orders the gatekeeper to be on the watch.

Watch, therefore;

you do not know when the Lord of the house is coming,

whether in the evening, or at midnight,

or at cockcrow, or in the morning.

May he not come suddenly and find you sleeping.

What I say to you, I say to all: ‘Watch!’”

HOMILY

PROFESSION OF FAITH

Nicene Creed

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation
he came down from heaven,

All bow while saying
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

UNIVERSAL PRAYER *Assembly:* Lord, hear our prayer.

THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND GIFTS

SANCTUS *Sung by Cantor alone* *Missa XVII*

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

MEMORIAL ACCLAMATION *Roman Missal*

Assembly: We proclaim your Death, O Lord,
and profess your Resurrection until you come again.

AGNUS DEI *Sung by Cantor alone* *Missa XVII*

Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.

ECCE AGNUS DEI

Celebrant: Behold the Lamb of God, behold him who takes away
the sins of the world. Blessed are those called to the
supper of the Lamb.

Assembly: Lord, I am not worthy that you should enter
under my roof, but only say the word, and my soul
shall be healed.

AN ACT OF SPIRITUAL COMMUNION (5:15 p.m., 10:00 a.m.)

For those who cannot be present

My Jesus, I believe that You are present in the Most Holy Sacra-
ment. I love You above all things, and I desire to receive You in-
to my soul. Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart. I embrace You as if You were
already there and unite myself wholly to You. Never permit me to be
separated from You. Amen.

COMMUNIO *Dominus dabit* *Gregorian Missal, Mode I*

Dominus dabit benignitatem: et terra nostra dabit fructum suum. *Ps 85:13*
The Lord will bestow his loving kindness, and our land will yield its fruit.

RECEPTION OF HOLY COMMUNION BY THE ASSEMBLY

Holy Communion will be distributed by individual sections of pews. Please wait until a Communion distributor arrives at your section before proceeding. Maintain a distance of two pews between yourself and the nearest individual ahead of you in line who is not from your household. Distribution begins at the sections nearest the exits and ends in the center aisle. For Holy Communion in the hand – please extend your hands, one directly over the other, as the Sacred Host is deposited. For those desiring to receive Communion on the tongue, please make your way to the Center Aisle,

where both options for reception will be available. All other sections will be reserved for Communion in the hand, so as to reassure any who may be concerned. Furthermore, if any contact is made whatsoever, sanitization will take place immediately before the next communicant comes forward. Upon reception of Holy Communion, please step aside and consume the Sacred Host immediately before returning to your pew. Thank you for your cooperation.

ANTIPHON

O Come, O Come, Emmanuel

VENI EMMANUEL

PRAYER AFTER COMMUNION

ANNOUNCEMENTS

BLESSING AND DISMISSAL



HOME ADVENT WREATH BLESSING

Lord our God,
we praise you for your Son, Jesus Christ:
he is Emmanuel, the hope of the peoples,
he is the wisdom that teaches and guides us,
he is the Savior of every nation.

Lord God,
let your blessing come upon us
as we light the candles of this wreath.
May the wreath and its light
be a sign of Christ's promise to bring us salvation.
May he come quickly and not delay.
We ask this through Christ our Lord.

R/. Amen.

CATHEDRAL HOURS

CATHEDRAL - COVID-19 HOURS

Monday - Friday 7:15 to 8:15 a.m.

Sunday Church opens approx. 25 minutes before Mass
Church Office is temporarily closed during Covid-19

SUNDAY MASS

Anticipatory (Saturday) 5:15 p.m.

Sunday 8:00 a.m., 10:00 a.m., Noon, & 5:00 p.m.

DAILY MASS - COVID-19 SCHEDULE

Monday - Friday 7:30 a.m.

SACRAMENT OF RECONCILIATION

Monday - Friday 3:45 to 5:00 p.m.

Saturday 3:30 to 5:00 p.m.

EUCCHARISTIC ADORATION

TEMPORARILY SUSPENDED DURING COVID-19

Tuesday 8:30 a.m. to 12:00 p.m.

Wednesday through Friday 8:30 a.m. to 4:00 p.m.

ROSARY

TEMPORARILY SUSPENDED DURING COVID-19

Sundays at 11:15 a.m. in the Cana Chapel and at

6:00 p.m. in the Chapel of the Blessed Virgin

Weekdays at 4:40 p.m. in the Chapel of the Blessed Virgin

OFFICE HOURS (RECTORY AT 239 SELBY AVENUE)

TEMPORARILY CLOSED DURING COVID-19

WELCOME CENTER HOURS

Saturday 8:30 a.m. - 5:00 p.m.; Sunday 9:00 a.m. - 2:00 p.m.

GUIDED TOURS

TEMPORARILY SUSPENDED DURING COVID-19

Offered Tuesday-Friday at 1:00 p.m. (except on holy days and national holidays).

MUSEUM HOURS

TEMPORARILY SUSPENDED DURING COVID-19

Call the Cathedral at 651.228.1766 for hours of operation.

VIRTUAL TOURS

Visit www.stpaulcathedraltour.com for a mobile app tour and to virtually "walk through" the Cathedral.

RADIO BROADCAST ON RELEVANT RADIO® 1330 AM

The 5:15 p.m. Saturday Mass is recorded and aired on

Relevant Radio 1330 AM Sundays: 9:00 a.m.

Weekday Masses are recorded and broadcast at 7:30 p.m.

Monday through Friday.

SAINT VINCENT DE PAUL CAMPUS

Twin Cities Hmong Catholic Community

Located at 651 Virginia Street, Saint Paul

Sunday Mass (Hmong and English) 9:00 a.m.



SUNDAY STEWARDSHIP

CONTRIBUTIONS FOR NOVEMBER 15, 2020

Sunday Envelopes	\$	5,570.00
Member EFT	\$	5,810.00
Plate	\$	1,834.10
Total Sunday Contributions	\$	13,214.10
Saint Vincent de Paul Campus	\$	319.00

"A TURKEY OF A THANKSGIVING": A NEW PERSPECTIVE ON GRATITUDE



This is unlike any Thanksgiving I can remember, or just about almost like any other. **Thanksgiving of 2005** is right up there for a "bummer" of a holiday. I had recently embarked upon graduate studies in Rome. Roman classes begin in October and one of my courses was a condensed mini-course. Due to it being taught by a visiting Jesuit professor from Spain, it met twice as often but for half the number of weeks. All was going swimmingly well until the day that I discovered my **final oral exam** was scheduled for Thanksgiving Day. What? I have to take an oral exam on **Thanksgiving Day**. Typical response of an American studying abroad—the prof had no knowledge of this holiday— why should he? And the New York Macy's Day Parade? **Fu-ge-da-boud-it!** Entitled, "Philosophical Presuppositions of Trinitarian Theology in the Church Fathers," the course was tough enough stuff in my native language, much less in a foreign one.

To add insult to injury, while we were permitted to take our exams in our native tongue, I discovered the very kindly Jesuit did not speak any English. I was not even remotely fluent after having arrived in Italy in September. Not only did I **somehow manage to survive** the exam, he was graciously benevolent in his grading of my answers. My pre-rehearsed memorized lines in pigeon Italian got me through it, though I missed a lavish Thanksgiving Dinner hosted by the North American College, the seminary for Americans in Rome. Neither pumpkin pie, nor cranberry sauce graced my plate that day. It was a **strange holiday** to be sure, almost as if it never happened. Perhaps that is how **you felt** this past Thursday. If so, you are hardly alone. Many people would just as soon forget and move on, looking forward to Christmas.

But I would like to remind you that **this Thanksgiving**, while quite different from others we recall, is probably much more akin the **first Thanksgiving** than you might imagine. Recall, after a more than two-month voyage, the Mayflower landed on **November 11, 1620** at the tip of **Cape Cod** at what is now Provincetown, Massachusetts. They made their way to Plymouth Harbor the following month, landing on December 16, 1620. Much of what we know today comes from a single letter written in December 1621 by Edward Winslow. Just over 50 colonists (half of them children) attended the feast, which actually ran three days and included games and military exercises. There was tremendous **hardship** on the voyage and very few women survived. A ravaging disease spread throughout the colony— more than 7 out of every 10 women perished during the first winter alone.

At its core, the "Thanksgiving" was literally just that— a thanks offered to almighty God for still being alive! Historians surmise that the colonists **may have** eaten wild turkey, though that is by no means certain. Most likely, they feasted on venison and shellfish, augmented by "cabbage, carrot, cucumbers, leeks, lettuce, parsnips, pumpkins," according to research specialist Tom Begley of Plimoth Plantation. The English Puritans suffered so much hardship, and yet stopped to **count their blessings** and therein set an example for generations to come. The **attitude and demeanor** that we bring to these days between Thanksgiving and Christmas, remains critical. Guard against the malaise that too often sets in when people experience a natural let down from their **heightened expectations** of a joyous season.

As I receive e-mail notifications of the cancellation of various events that I have traditionally enjoyed this time of year, I am faced with a choice. I can **grow in resentment** or I can embrace the uniqueness of what remains in my life. And what exactly is it that remains? Hopefully, we have remained

connected with our family and our faith. Ironically, I have spent more time with family thanks to a free computer Bridge game website, complete with video chat. Why not use **technology**? While visiting my mother, I could send a text to my brothers bearing a single word “Bridge?” Receiving an affirmative reply, in an instant we can connect and whittle away a half-hour and enjoy one another’s company. And yes, I lose, and lose a lot!

This is no substitute for an in-person gathering, and I appreciate that. However, these and other options are worth considering, as they provide a human face to our relationships. Though assuredly this will be a much different Thanksgiving weekend than in the past, I urge you in these next several weeks of our Minnesota “Dial -back” to be creative and resourceful. Be patient with one another, be mindful of those who are alone. But by all means, do not **crawl into a shell**. Pick up the phone to call someone; send an e-mail, initiate a Zoom meeting and stay connected. Most importantly, spend a greater amount of time with the Lord in reading and prayer, and be attentive to those in your household.

- Good news is good news, so I won’t complain. While there are numerous reasons— not all of them positive—the **divorce rate** in the U.S. has hit a **50-year low**. For every 1,000 marriages in the last year, 15 ended in divorce. Indeed, that is most certainly due in part to far fewer Americans getting married today. For every 1,000 unmarried adults in 2019, only 33 got married. It was 35 in 2010 and 86 per 1,000 in 1970. May more young adults see the **wisdom** in reaping the many **benefits** associated with marriage.
- Please pray for all people who work in the hospitality industry, most especially restaurants. I encourage you to patronize your favorite restaurants by **ordering take-out**. It is a great way to continue to support them. They are suffering through no fault of their own— we can do our part to keep our local economy going.
- I drove across the newly constructed bridge on **Summit Ave.** When turning left to go to the grocery store at Syndicate, it was obvious that the **left-hand turn lane** disappeared, replaced by an extremely wide median. A little research revealed that an underground filtration system for rainwater runoff is beneath it. Now, I have nothing against water filtration, but it is a pain to **halt traffic** behind you while simply trying to buy some milk. But I had this sinking feeling that cars almost seem an afterthought on Saint Paul’s most famous street.
- We are preparing a **parish mailing** that will include information about **Christmas Masses** and confessions. Please keep the parish website handy, as we will update it with any additional information. These days I am learning to be flexible. What else can we do?
- Old habits are hard to break. But with this one, please try! Today, we resume **distribution** of Holy Communion at the usual time. That means you will **return to your pews** for the final prayers and announcements. **Don’t head right for the exits!** After Mass, please exit beginning from the sections closest to the doors, with those in the center sections waiting in order to avoid congestion at the exits. Thanks for your cooperation.
- Have no fear—our **Schola will return** at the 10:00 a.m. Mass. We are being cautious during the dial back period, as State of MN social distancing guidelines for singers has been adjusted slightly.

Sincerely in Christ,

Fr. John L. Ubel,
Rector

PROTOCOLS

STEWARDSHIP PROTOCOLS

Located at the **four main doors** (two on Selby Ave. and two on Dayton Ave.) you will find **gold colored metal drop boxes**. Please distribute your **Sunday Stewardship** envelopes or cash in those slots, preferably before Mass. Otherwise, you may deposit them when leaving.

ENTRANCE/EXIT PROTOCOLS

Doors are clearly marked and identified as either for **entrance** or as an **exit**.

The **upper Selby Ave. door** (by St. Peter Chapel) is an **Entrance**. Note: The handicapped may use this door in both directions. The **lower Selby Ave. door** is an **Exit only**. It is the one closest to the Bus Stop.

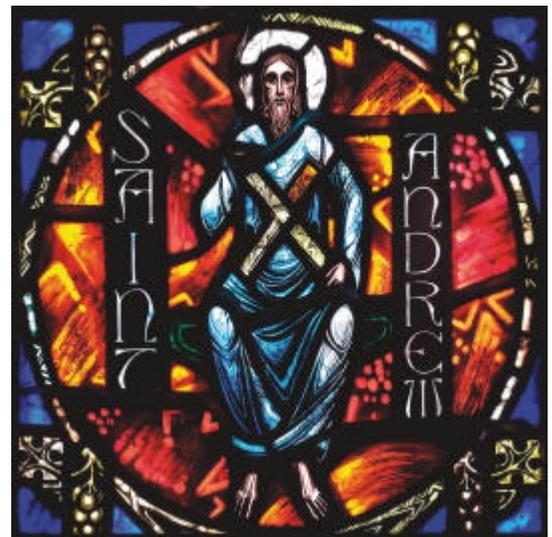
On the **Dayton Ave. side**, the upper Dayton Ave. **door nearest the Sacred Heart Chapel** is an Entrance, while the lower Dayton Ave. door is designated as an exit. The **main doors** at the back of the Narthex are designated, one as Entrance (nearest Selby Ave.) and the other as an Exit (nearest Dayton Ave.).

CLOTH FACE COVERINGS IN CHURCH

The Center for Disease Control (CDC) recommends all people 2 years of age and older wear a cloth face covering in public settings and when around people who don’t live in your household. The emerging evidence from clinical studies shows that cloth face coverings reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of cloth face coverings is particularly important in settings where social distancing is difficult to maintain, such as in Church. **Doing this for others help keeps all safe and healthy.**



ON THE COVER



Saint Andrew is depicted in the vertical cross arm directly above the center image of the Lamb of God in the East Rose Window, known as the Resurrection Window. He is known for telling his brother, Peter, that he had found the Messiah. Saint Andrew is shown holding the X-shaped cross upon which he was crucified.

MASS INTENTIONS

Saturday - Sunday, November 28 - November 29

- 5:15 p.m. Jessie Draug †
 8:00 a.m. Cathedral Parish ~ For the People
 9:00 a.m. SVDP Campus ~ For the People
 10:00 a.m. Tom McLaughlin †
 12:00 p.m. Gene Allen Phillips †
 5:00 p.m. Bob & Carol Galigan

Monday, November 30

- 7:30 a.m. Bob & Judy Rodriguez

Tuesday, December 1

- 7:30 a.m. John Jacobs

Wednesday, December 2

- 7:30 a.m. Mary Lown

Thursday, December 3

- 7:30 a.m. Cathedral Benefactors

Friday, December 4

- 7:30 a.m. Charlie Nickoloff



Readings for the week of November 29, 2020

- Sunday: Is 63:16b-17, 19b; 64:2-7/Ps 80:2-3, 15-16, 18-19 [4]/1 Cor 1:3-9/Mk 13:33-37
 Monday: Rom 10:9-18/Ps 19:8, 9, 10, 11 [10]
 Mt 4:18-22
 Tuesday: Is 11:1-10/ Ps 72:1-2, 7-8, 12-13, 17 [cf. 7]/Lk 10:21-24
 Wednesday: Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 [6cd]
 Mt 15:29-37
 Thursday: Is 26:1-6/Ps 118:1 and 8-9, 19-21, 25-27a [26a]/Mt 7:21, 24-27
 Friday: Is 29:17-24/Ps 27:1, 4, 13-14 [1a]
 Mt 9:27-31
 Saturday: Is 30:19-21, 23-26/Ps 147:1-2, 3-4, 5-6 [cf. Is 30:18d]/Mt 9:35—10:1, 5a, 6-8
 Next Sunday: Is 40:1-5, 9-11/Ps 85:9-10, 11-12, 13-14 [8]/2 Pt 3:8-14/Mk 1:1-8



Observances for the week of November 29, 2020

- Sunday: 1st Sunday of Advent
 Monday: St. Andrew, Apostle
 Tuesday: 1st Tuesday of Advent
 Wednesday: 1st Wednesday of Advent
 Thursday: St. Francis Xavier, Priest
 Friday: 1st Friday of Advent
 Saturday: 1st Saturday of Advent
 Next Sunday: 2nd Sunday of Advent

©Lpi

CATHEDRAL NEWS

ATTENTION MEN!

Are you looking to deepen your relationship with God? To be a better husband and/or father? To reconnect or build friendships with other like-minded men? Do you seek to be the best man you can be? Then join the men of TMIY (That Man Is YOU!). We meet virtually every Saturday morning. We start with fellowship at 7:15 a.m., a video presentation at 7:30 a.m. followed by small group discussion. We conclude by 8:30 a.m. This week, Paul George, Catholic author and speaker, founder of Art of Living Ministries, is back to share his wisdom. His talk, *The Battle Against the Flesh, World and Devil*, speaks to all men, regardless of station of life. He identifies Satan's strategy and tactics to attack men and their identity. He also helps us understand why we need to be engaged in the battle and how we can fight back. All men are welcome; you need not be a parishioner. Invite a friend! There is neither a cost to participate nor an obligation to continue. To sign up or if you have questions, you may contact Paul Diekmann at prdiekmann@gmail.com or Ryan Strozyk at ryanstrozyk@gmail.com.

DIVINE MERCY CENACLE ON FRIDAYS

The Divine Mercy Cenacle meets on Fridays from 2:00 to 3:15 p.m. in the Sacred Heart Chapel. Social distance seating will be available.



UPCOMING EVENTS AT THE CATHEDRAL

ARCHDIOCESAN DAY OF PRAYER & FASTING AGAINST THE SIN OF RACISM, DECEMBER 2

On Wednesday, December 2, Bishop Andrew Cozzens will celebrate the 7:30 a.m. Mass at the Cathedral. Later that evening, Archbishop Hebda will lead a sung Evening Prayer at 7:00 p.m. to beg healing and forgiveness from all forms of racism. Fr. Prentice Tipton, rector of the Cathedral of Mary of the Assumption in Saginaw, MI will be the guest homilist for this prayer service. You are welcome to participate either by socially distanced in person, or virtually via the Cathedral's Facebook page.

MASS AND ARCHDIOCESAN CONSECRATION TO ST. JOSEPH

On Tuesday, December 8, The Solemnity of the Immaculate Conception, patroness of America, join Archbishop Bernard Hebda at 7:00 p.m. for Mass to joyfully open the Year of St. Joseph. Following Mass, Archbishop Hebda will lead the formal Consecration of the Archdiocese to St. Joseph. COVID-19 protocols will be observed for those in attendance, and the event will be livestreamed.

NINE FIRST FRIDAYS DEVOTION

Looking to add an ingredient to your spiritual life this winter? Consider the **Nine First Fridays**. When our Lord appeared to Saint Margaret Mary Alacoque, a French Visitation nun, he asked her to spread Devotion to the Sacred Heart. Part of that devotion consists in receiving Holy Communion on the first Friday of each month for a period of nine months, in order to receive the grace of final penitence. The Church grants a Plenary indulgence for each First Friday observed by meeting the following conditions: going to Confession, attending Mass, receiving Communion and praying for the intentions of the Holy Father.

USING YOUR SMARTPHONE TO MAKE A DONATION:



1. SCAN THIS QR CODE WITH YOUR PHONE.
2. OPEN THE SECURE LINK.
3. FOLLOW THE PROMPTS.
4. THANK YOU.

VOICES FROM THE ARCHIVES

The Coming of the Lord . . .

Advent—from the Latin word *adventus*, means “arrival” or “coming”. Along with Epiphany, Lent, Easter, and Pentecost, Advent is a part of the liturgical year, or church calendar, which dates back over 1,500 years and is observed in many Christian traditions. Advent has probably been observed since the fourth century. Originally, it was a time when converts readied themselves for baptism. In early days Advent lasted from November 11, the feast of St. Martin, until Christmas Day.

Advent begins on the Sunday nearest November 30, the feast day of St. Andrew the Apostle, and covers four Sundays. For centuries, Advent has been a time of spiritual reflection as well as cheer and anticipation. Even as the Christmas season has become more secular with advertisers urging holiday gift-givers to buy, Advent still brings joy and the observance of old and new Advent customs—the Advent wreath and the Advent calendar.

Advent Wreaths. Advent wreaths have their origins in the folk traditions of northern Europe, where in the deep of winter people lit candles on wheel-shaped bundles of evergreen. Both the evergreen and the circular shape symbolized ongoing life. The candlelight gave comfort at this darkest time of the year, as people looked forward to the longer days of spring.

Later, Eastern European Christians adopted this practice. By the sixteenth century, they were making Advent wreaths much as we know them today. An advent wreath traditionally contains four candles—three purple and one rose. The three purple candles in the Advent wreath symbolize hope, peace, and love. These candles are lit on the first, second, and fourth Sundays of Advent. The rose candle, which symbolizes joy, is usually lit on Gaudete Sunday, the third Sunday. Sometimes a fifth candle is placed inside the Advent wreath. This candle is lit on Christmas Day. It is white, the color associated with angels and the birth of Jesus.

Advent Calendars. An advent calendar is a card or poster with twenty-four small doors, one to be opened each day from December 1 until Christmas Eve. Each door conceals a picture. This popular tradition arose in Germany in the late 1800s and soon spread throughout Europe and North America.

Note: Cathedral events during Advent: December 2, Sung Evening Prayer for healing and forgiveness from all forms of racism. December 8, the Solemnity of the Immaculate Conception, the inauguration of the special year of St. Joseph. ACSP.



PAPAL PRAYER INTENTION FOR DECEMBER

For a Life of Prayer:

We pray that our personal relationship with Jesus Christ be nourished by the Word of God and a life of prayer.

CHRISTMAS CRÈCHE ASSEMBLY, DECEMBER 5

Volunteers are needed to assist with the assembly of the Cathedral’s beautiful Outdoor Christmas Crèche on Saturday, December 5. Work begins at 9:00 a.m. when we gather at the Cathedral museum in the lower level of the Cathedral by the Dayton Avenue entrance. Come for fellowship, coffee and breakfast treats as well. With enough volunteers, the work will go quickly.

RITEs

BAPTISM

We welcome those who have been newly baptized. Please pray for them as they continue to grow in Christ.

MARRIAGE

Please join us in praying for all couples preparing for the sacrament of Matrimony.

FUNERAL/MEMORIAL MASS

Please remember in your prayers those who are in grief because of the loss of a loved one.

SACRAMENTAL PREPARATION

BAPTISM

The Sacrament of Baptism is celebrated for our parishioners on Sundays after the Noon Mass. Parents must attend a preparation class. For information, call Gail Wood at 651.357.1325.

FIRST RECONCILIATION/HOLY COMMUNION, AND CONFIRMATION

Registered parishioners are encouraged to register for preparation for the sacraments. For more information regarding catechesis for children ages 3 through Confirmation, call Stephen Hilgendorf at 651.357.1340.

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Curious about Catholicism? Considering becoming Catholic? RCIA, a process of learning and formation, is modeled on how people were brought into the Church in the first centuries. Visit cathedralsaintpaul.org/rcia and call Stephen Hilgendorf at 651.357.1340.

MATRIMONY

To be married at the Cathedral of Saint Paul, one or both persons of the engaged couple must be an active, registered Cathedral parishioner for **six months prior to requesting a wedding date**. For more information about wedding policies, call Gail Wood at 651.357.1325.

HOLY COMMUNION DISTRIBUTION

On this 1st Sunday of Advent (Nov 28-29), the distribution of Holy Communion will be restored to its usual place within Mass. We will follow the exact same procedure for distribution as now; however, the faithful will all return to their pews for the final prayers, announcements and blessing. We will still need to organically disperse people at the end of Mass, by dismissing those seated in the side sections before those seated in the center. Thank you for your cooperation.

DISCERNMENT OPPORTUNITY

For more information on discernment opportunities visit www.10000vocations.org.

Archbishop’s Discernment Retreat December 18 – 20

Is God calling you to be a Catholic priest? This annual weekend retreat is for Catholic men, who are currently Juniors and Seniors in High School.

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