

November 28, 2021



1<sup>st</sup>

# SUNDAY OF ADVENT

"Then they will see the Son of Man coming in a cloud with power and great glory." - Lk 21:27

# HOLY SPIRIT CATHOLIC CHURCH

515 South Albert Street Saint Paul, MN 55116 | (651) 698-3353 | holy-spirit.org

Tues.–Fri. 7:30 a.m. Mass • Sat. 3–4 p.m. Confessions & 4:30 p.m. Mass • Sunday 8:30 & 10:30 a.m. Mass & 11:45 a.m.–4 p.m. Adoration

## MASS INTENTIONS

### November 28, 1st Sunday of Advent

8:30 a.m. Rosemarie Theresa Hingsberger†

10:30 a.m. Helen Whaley†

### November 29

#### November 30, St. Andrew

7:30 a.m. Rob Stupka

Mary & Ralph Halbert†

### December 1

7:30 a.m. Newlyweds

### December 2

7:30 a.m. Robert Keenan†

Thomas Jordan†

### December 3, St. Francis Xavier

7:30 a.m. Deacons

### December 4, St. John Damascene

4:30 p.m. John Schwartzbauer†



Holy Spirit's Advent penance service will be held on Thursday, Dec. 9 at 7 p.m. in the church.

Priests will be available to hear individual confessions.

## DEC. 4 DIACONATE ORDINATION

All are invited to attend Michael Lane's ordination to the diaconate at 10 a.m. on Saturday, Dec. 4 at the Cathedral.

Join us in congratulating Deacon Lane at Masses of Thanksgiving the weekend of Dec. 4–5.  
A reception in Howley Hall will follow each Mass.



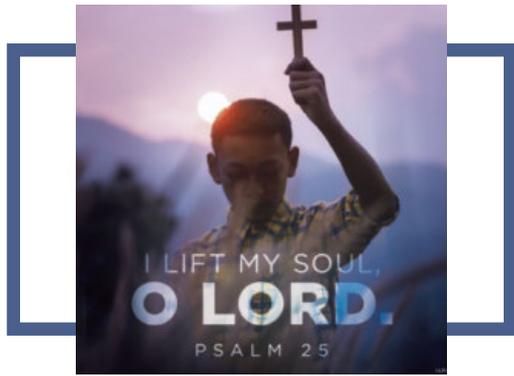
The Men's Club dinner will be held on Wednesday, Dec. 1 in Howley Hall. Social hour starts at 6 p.m. and dinner is at 7 p.m. The cost is \$30 per person.

RSVP today at [forms.gle/DvELpauuLyTDLyGF6](https://forms.gle/DvELpauuLyTDLyGF6).



It's time to buy your Christmas tree (and wreath)! Prices range from \$45-\$70 for trees up to 7 ft. and \$90 for trees up to 10 ft. Wreaths and garland from Boy Scout Troop 82 range from \$30-\$90.

The Men's Club tree lot is open in the church parking lot Wednesday–Friday from 2–8 p.m. and Saturday–Sunday from 9 a.m.–6 p.m. until trees are sold out.



## - TODAY'S READINGS -

### First Reading

I will raise up for David a just shoot;  
he shall do what is right and just in the land.  
(Jer 33:15)

### Psalm

To you, O Lord, I lift my soul. (Ps 25)

### Second Reading

Strengthen your hearts, to be blameless in holiness  
before our God and Father at the coming of our  
Lord Jesus with all his holy ones. (1 Thes 3:13)

### Gospel

Stand erect and raise your heads  
because your redemption is at hand. (Lk 21:28)

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## LIVE THE LITURGY

Any human success requires vigilance. Opportunities and powerful moments of encounter can easily be missed when we are not attentive. It is all too easy today to live distracted and preoccupied lives. There is so much vying for our attention that it can be hard to be selective and really focus. Caught up in this whirlwind of busyness and anxiety, we become tired and almost sleepwalk through life. Advent is a time to selectively focus. These beautiful four short weeks are a time to look backward and forward and be attentive to the human journey and God's revelation. From the beginning of time, God has been seeking our attention. He constantly reminds us of the justice he desires to bring and the promise of his abiding unconditional love. Understanding and growing in these truths requires alertness so that we can be strengthened in our faith and prepared for whatever will come.

## GIRL SCOUT

### Silver Award Projects

Holy Spirit's 8th grade Girl Scout troop is working hard towards achieving their Silver Awards! The Silver Award is the highest award a Girl Scout Cadette (grades 6-8) can earn. Girls work in groups of 1-4 to learn about an issue affecting their community and take action to make a difference.

This is no small job! Each Girl Scout must first complete a leadership Journey and attend a Silver Award workshop to prepare for their project. She then puts in a minimum of 50 hours of work, takes an active leadership role in planning and supervising project activities, and ensures that there is a sustainable component to the project.

Troop 16728 has three Silver Award groups working on the following projects this school year:

1. Reconnecting and enhancing kids' and families' experiences of in-person worship after the COVID-19
2. Building community and coordinating landscaping beautification efforts for the school and church grounds
3. Supporting recent immigrants in their adjustment to life in Minnesota

Please be on the lookout for activities related to these projects over the coming months and consider supporting these hard-working Girl Scouts in pursuing their Silver Awards!

**THANK YOU**  
for participating

*Thank you to all who participated in  
Synod small groups!*

*We are grateful for the time and  
energy you've spent on this important step  
of the Synod process and join you in  
praying for the future of our archdiocese.*

# AROUND THE ARCHDIOCESE

## Mary's Other Yes

**Dec. 1, Noon-1 p.m., Virtual Event**

At the Annunciation, Mary famously assents to the proclamation of the angel and is privileged to become the Mother of God. It's a pivotal moment. Yet Mary's entire life is characterized by her "Yes" to God. Her life is, as Swiss Catholic mystic, Adrienne von Speyr writes, "bound together by her assent." Join Dr. Erika Kidd and members of the St. Thomas Catholic Studies community as we explore the freedom and courage of Mary's yes. Register today at [link.stthomas.edu/CSAdvent](http://link.stthomas.edu/CSAdvent).

**15th Anniversary of Cor Jesu**

**Dec. 3, 8 p.m.**

**Saint Mary's Chapel, The Saint Paul Seminary**

Join us for adoration, confession, and praise and worship music. The event is for young adults, college-age and older. Fr. Hagen, co-pastor of Saint Mary's in Lowertown, will preside. The parking cost is waived on south campus surface lots at the University of Saint Thomas. For more information, visit [1000vocations.org](http://1000vocations.org) or the Cor Jesu Facebook page at [facebook.com/SPSCorJesu](https://facebook.com/SPSCorJesu).

**Christmas Craft & Jewelry Sale**

**Dec. 4-5, Holy Cross Catholic Church, Minneapolis**

The Holy Cross Council of Catholic Women will be holding the sale in Kolbe Hall. It features handmade crafts, jewelry "Through the Ages," a Christmas village display and Knights of Columbus Christmas cards. Assorted snacks available. The elevator entrance is in the alley. Everyone is welcome!

**Cuppa Joe: Terror of Demons**

**Dec. 7, 4 p.m., Virtual Event**

In this Year of Saint Joseph, join Fr. Jon Vander Ploeg as he explores this amazing saint in his title as Terror of Demons. This is part of the Cuppa Joe series: 10 talks by 10 theologians on the 10 wonders of Saint Joseph, taking place at 10 locations in our Archdiocese entrusted to the patronage of our spiritual father. The talks come just in time for your afternoon coffee. All talks are posted on Facebook, YouTube and Instagram – and at [archspm.org/cuppajoe](http://archspm.org/cuppajoe).

## UPCOMING DISCUSSION

Please attend a discussion on assisted suicide with Lynn Varco from the Minnesota Catholic Conference (MCC) on Monday, Dec. 13 at 7 p.m. at Nativity of Our Lord. There will be a screening of the short film "Fatal Flaws" about the harms of euthanasia and assisted suicide followed by a brief discussion of efforts to support compassionate alternatives to the legalization of assisted suicide in Minnesota and how people can take action on this issue via MCC's partner organization [EthicalCareMN.org](http://EthicalCareMN.org).



## *Preparing the Manger*

Where do you fall in the "Christmas-songs-in-November" debate — do you like them, tolerate them, or outright hate them? There's no theological problem with Christmas songs in November outside of worship, even if it's not everyone's cup of tea. But there is a problem with getting so caught up in the baggage of the season — the trimmings, the gifts, the celebrations, all of which are marvelous in their own way — that you forget to prepare the manger.

Every good Catholic knows that Lent is a penitential season. It's hard to miss that point — Lent doesn't even have any fun songs you can groove to on the radio. We are pretty good at recognizing that Lent calls us to examine ourselves. To deny ourselves. To give of ourselves. And most of all, Lent calls us to prepare, as a good steward does, for the return of our master.

It's harder for us to remember that with Advent, but Advent is just as much of an opportunity for penance, preparation, and reconciliation to God — and just as much reason, too. The very name of the season — "advent" — encourages us to focus on what is coming, not what is already here. Be on guard, the readings tell us today, "so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and (the coming of the Lord) catch you unexpectedly, like a trap."

So let us not forget — our master's advent is upon us. And let us ask ourselves: how can we prepare the manger?

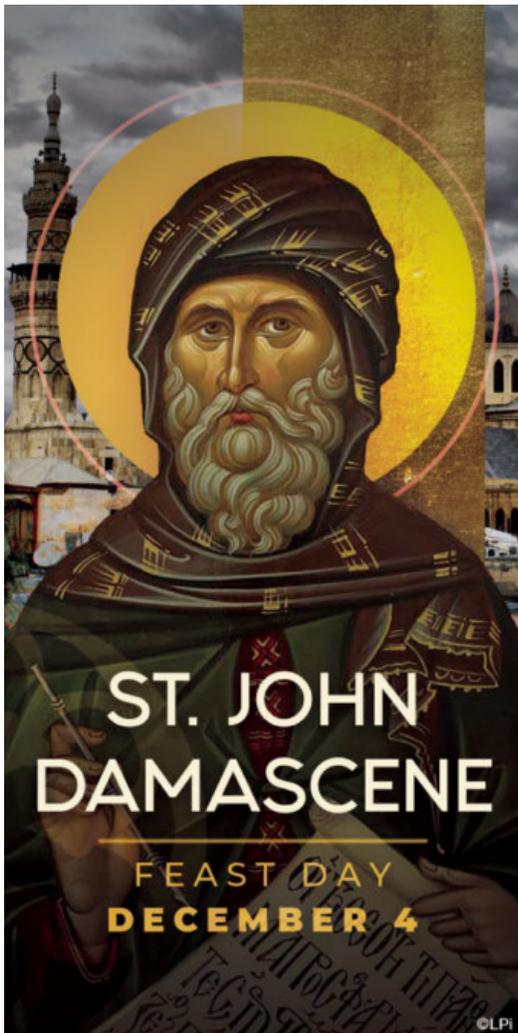
—Tracy Earl Welliver, MTS

## St. John Damascene Feast Day December 4

St. John Damascene (676 -749) was the son of the chief of the revenue department in the city of Damascus.

Through his father, he received a classical and theological education and attempted to follow in his footsteps by serving in a government position. However, the Lord was calling him to a different life, and a few years later he resigned from his position and went to the Monastery of St. Sabas, where he wrote books and composed hymns along with his adopted brother, Cosmas.

St. John Damascene is best known for his writings against the iconoclasts, who opposed the veneration of images; his treatise, Exposition of the Orthodox Faith, a summary of the Greek Fathers; and his work as a poet, one of the two greatest of the Eastern Church. His devotion to the Blessed Mother and his sermons on her feasts are well known.



## - Gospel Meditation -

Staying awake can often be a challenge, especially when we are exhausted. Life's demands have a way of zapping every last bit of energy out of us. When we are tired it affects us not only physically, but psychologically and spiritually as well. All of our senses are dulled and diminished. We can overlook details, become disinterested, lethargic and apathetic, and detached. Getting sufficient physical rest only helps so much. We need to be rejuvenated, refreshed, and reenergized in other ways. If we are psychologically exhausted, we need to understand what is draining our emotions and taxing our relationships. If we are spiritually tired, we need to find the necessary "shot in the arm" to put us back in touch with God. Unfortunately, exhaustion is seldom limited to just one part of who we are. When we lack energy and zeal it is usually the case that everything suffers. We not only are affected physically, but psychologically and spiritually as well. In short, when we run out of gas the engine stops.

And yet, our Lord's directive is clear, "Be vigilant at all times." Even Jesus knew what "the anxieties of daily life" can do to us. One day pours into another and time quickly flies by. Any one of us can take a moment and reflect on how many wonderful, creative opportunities we miss because there is always so much "stuff" to do and so little time to do it. Usually these are missed moments of love, and if we are missing love encounters we are also missing God. Sleepwalking through life, we check the boxes next to our list of "must and have to dos" and justify it all by convincing ourselves that tomorrow is another day and there'll be more time. It may surprise us, but tomorrow is here, and time is running out. While we may like to believe that we have an "eternity" of time to do all those things that require the focus, energy, and desire we do not currently have, we don't. We're on a limited ride and time is short.

Jesus is also clear on another point. "That day [will] catch you by surprise like a trap." If we are going to be judged on love and so easily justify not having all that much time to do so, then it seems we must shift focus a bit. St. Teresa of Calcutta tells us, "We desire to be able to welcome Jesus at Christmas-time, not in a cold manger of our heart, but in a heart full of love and humility, a heart so pure, so immaculate, so warm with love for one another." Getting to this place doesn't "just happen." It requires vigilance and discipline both with a knowledge of what is really of importance and what really needs to be the focus of our energy and time. Pray, starting now and not tomorrow, that we can stay alert, be strengthened in our faith, and prepared for whatever will come. Don't miss another opportunity to love.

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