

SEASON OF ADVENT

December 3, 2023 to December 24, 2023

What is an Advent Season For...For you?



Be awake, guard your heart through Prayer.

Our Address: 06 Steele Street, 4th Avenue. Whitehorse, Yukon, Y1A 2C8

PARISH MINISTRY

1. DAILY HOLY MASS CELEBRATIONS

Rev. Fr. Slawomir Szwagrzyk Rector / Parish Priest Our Email address:

Phone: (867)-667-2437											office@sacredheartcatherdral.ca		
A. Sunday Masses							B. Daily Masses			C. Special Masses			
5:00 PM		9:00	10:30	12:00 7:00		12:10 NN			9:00 AM Firs		t	Weddings and Funerals	
Saturday		AM	AM	NN	PM	Monday to Fr		,	Saturday of the		Month	(by Appointments)	
D. Mass Intentions													
Date Day		Time		Intentions		Date	Day	'	Time	Intentions			
Dec 09	Sat	9:00 AM		The Rorate Caeli Mass: An Advent Tradition Honoring Our Lady			Dec 12	Tue		12:10 NN	+Lame	es & Lyn MacIelland & Family	
										5:00 PM			
							Feast: Our Lady of Guadalupe						
							Dec 13	Wed	1	12:10 NN	+Mauro Entia Jr. & Family		
		5:00 PM		+Krisbian Lopez		-	Dec 14	Thu		12:10 NN	+ Gus & Vivian Pasowisty		
Dec 10		9:00 A	M	+Pauline Mo		6	Dec 15	Fri		12:10 NN	+All Souls in Purgatory (by D. Verhalle)		
	Sun	10:30	30 AM All		Parishioners		1st Day: Adve			7.00 DM		Family Thanksgiving,	
		12:00 NN		Louise Monfette - Health			Novena Mass		7:00 PM		Reconciliation and Healing		
		7:00 PM	NΛ	+ Ellen	Therese	!	Dec 16	Sat		5:00 PM			
		7.00 F	IVI	Berri	Berrim ana							+Kenneth Emsley	
Dec 11	Mon	12:10	NN	+Justir	-Justine Kolla 2 nd Day Advent Novena					vena Mass			

Advent Confessions: December 21-22 at 5:00PM - 7:00PM, December 23 at 9:00AM -12:00 NN and 3:00PM - 5:00 PM

E. Requests for Special Intentions during Holy Mass Celebrations

You may request to offer the following Mass Intentions:

- 1. Thanksgiving Mass (for most special intentions)
- 2. Special Milestones (Birthdays, Anniversaries, etc.),

3.Healing Mass (fast recovery from sickness, reconciliation of relationships /ties) 4. Requiem Mass (Funeral services, Death anniversary/remembering the souls)

2. SACRAMENTAL PREPARATIONS AND RITES

Sacrament of Baptism

Baptism Preparations: 1st and 2nd Friday of the Month **Baptism Ceremony:** Saturday at 6:00 PM

and Sunday at 1:00 PM

Sacrament of Confirmation and Holy Communion

Catechesis Classes: October 2023 - May 2024 Sacramental Rites: Spring and Summer 2024

Sacrament of Reconciliation

Saturday: 4:00 – 4:45 PM or call for an appointment

Sunday: Before the Mass

Monday to Friday: 11:30 AM – 12:00 NN

Sacrament of Marriage

Marriage Preparations: Spring Time Only Wedding Ceremony: Couples' Preference

Sacrament of the Sick:

This is administered once a Year during the World Day of the Sick (February 11) during Holy Mass.

On other days, this sacrament is administered by special request. Indicate clearly the Name, Place, Time and the Contact Person. The priest will administer this sacrament ASAP.

3. ADORATION OF THE BLESSED SACRAMENT

Prayer for Benediction of the Blessed Sacrament

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

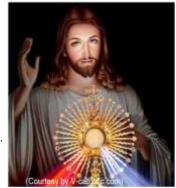
Blessed be the great Mother of God, Mary most holy. Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.



I adore you Jesus, true God, and true man, present in the Holy Eucharist, kneeling before you and united in spirit with all the faithful on earth and all the saints in heaven. In gratitude for so great a blessing, I love you with all my heart, for you are worthy of all praise and adoration. Lord Jesus Christ, may I never offend you with my lack of love. May your Eucharistic presence refresh me in body and soul. Mary. Mother of the Eucharistic Lord, pray for me and obtain for me a greater love for Jesus. Amen. (Lay Cistercians of South Florida)

Regular Schedule: Thursday: 1:00 PM - 8:00 PM, Sacred Heart Cathedral

We are with you in Praying for your intentions, petitions & all forms of supplications. Drop them in the Prayer Intention Box. Prayer Leaders and Alternates are still needed.

Please share and encourage your families, friends, and colleagues to visit the Blessed Sacrament even for just a couple of minutes.

-Please contact Katanne Belisle for more details.

PARISH UPDATES

Please Be Informed, Interested and Willing To Get Involved, Share/Donate, Support, Participate, Cooperate

1. NOVENA MASS ADVENT SCHEDULF

The Advent Novena Mass will be on December 15, 2023, Friday to December 24, 2023.

Please be guided of the following Schedules:

December 15: Friday at 7:00 PM

December 16: Saturday at 5:00 PM

December 17 to December 22: Sunday to Friday at 7:00 PM

December 23: Saturday at 5:00 PM

December 24: Sunday at 9:00 AM, and 10:30 AM

2. CHRISTMAS EVE AND CHRISTMAS DAY MASSES

For the Eucharistic Celebrations of Christmas Eve and Christmas Day. please be guided by the following schedules:

December 24, 2023, Sunday

Christmas Eve

5:00 PM

7:00 PM (French)

9:00 PM

11:00 PM

December 25, 2023, Monday

Christmas Dav

9:00 AM 10:30 AM

12:00 NN (French)

3. ADOPT AN INMATE ENVELOPE DONATION **PROJECT**

We humbly appeal to your kindness and generosity to take a piece in our Adopt an Inmate Envelope Donation Project and whatever amount you can give will be used to purchase some items to be given as a "Bundle of Joy" to them. Envelopes are available at the front lobby

4. SPECIAL PROGRAM AND CALLING FOR ADULTS AND FAMILIES



CALLED TO LOVE - The next Session (5) of the 'Called to Love' Program for adults and parents will be held on Friday, December 15th, 2023 from 7 to 8:30pm in the CYO Hall at Sacred Heart Cathedral. All are welcome!

The topic will be "Education for Chastity and Self- Mastery" presented by Bishop Héctor Vila. For more concerns. please send email to bishopoffice@rcdw.ca

5. Welcome to the Christian Community!....

JIAN CALLIE **CUENZA**

Birthday: November 25, 2022 Baptism Day: November 25, 2023

Child of:

6. MASS SPONSORS AND OFFERERS

of the Church.

Jinky Baldoviso and Christian Dave Cuenza

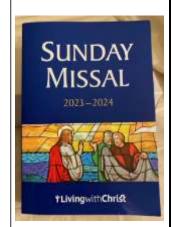


Godparents:

Josh Tobias

Kimberly Karen Trinidad

5. SUNDAY MISSAL 2023-2024



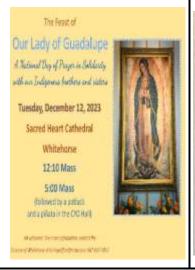
We look forward for a merrier and more grateful expressions of our preparations for Christmas through a community-wide participation and involvement of all parishioners amidst the coldness of the environment as it is also the real essence during the Nativity Time of our Lord, Jesus Christ, In this view, we highly welcome Parish Organizations, Groups, Agencies, Families, and Individuals who would like to Sponsor a Novena Mass or Christmas Eve Mass, and to offer somethings or in kinds during the Mass. Our Christmas Eve Masses are at 5:00 PM, 7:00 PM (French), 9:00 PM and 11:00 PM on 24th December 2023, While on December 25, 2023, our Masses are at 9:00 AM, 10:30 AM, and 12:00 NN (French) respectively. Please notify us your chosen Day and Time if you are interested and willing to share your time and resources on these great moments of jubilations with our God Almighty through His beloved Son, Jesus Christ, our Lord and Savior, in the unity of the Holy Spirit, and the fellowship of the Blessed Virgin Mary and St. Joseph.

The Living with **Christ Sunday** Missal 2023-2024 with prayers and hymns are now available at the front lobby of the Church at \$7.00 each.

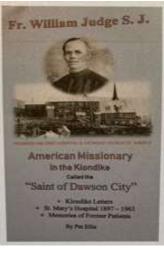
May you will be filled by the gifts of the Holy Spirit as you continue reading and meditating on it and wilfully live the essence of Christian Life.

7. AN INVITATION FOR ALL!

Please come and join us to Pray in Solidarity with our Indigenous Brothers and Sisters.
Let us give tribute to the Feast of Our Lady Of Guadalupe on December 12, 2023 at 12:10 NN & 5:00 PM Masses, Potluck at the CYO Hall.



8. AVAILABLE COPIES OF THE BOOK OF PAT ELLIS



FR. WILLIAM
JUDGE, SJ.
"Saint of Dawson City"

History of St. Mary's Hospital Dawson City (1897-1963)

Price: \$12.00 Each

AVAILABLE at the RECTORY OFFICE

All proceeds from Book Sales go to Maryhouse

Sunday 9:00 am Mass

4th and 5th Sundays: Ryan, Jillian and Lucille

1st, 2nd and 3rd Sundays: Sean Dayagbil

Sunday 7:00 pm Mass

All Masses: Dominic Pelayo and group

7. CATECHISM CLASSES OF CHILDREN AND YOUTH

Important Details:

Catechesis of the Good Shepherd

Level One - for children ages 3, 4 and 5 years old

First Reconciliation classes - for students in Grade Three are Tuesdays 6:30 to 7:30 p.m.

FOR CHILDREN WHO STILL INTEND TO TAKE THE FIRST RECONCILIATION AND FIRST COMMUNION CATECHESIS, YOU ARE STILL WELCOME. HOWEVER, PARENTS OR GUARDIANS MUST COME TO THE PARISH OFFICE FOR GUIDANCE AND SUPPORT IN COPING UP THE MISSED LESSONS OF THE CHILDREN.

CLASSES WLL HAVE A CHRISTMAS BREAK AFTER DECEMBER 5, 2023 AND WLL RESUME ON JANUARY 09, 2024.

Confirmation classes every Mondays from 6:30 to 8:00 p.m. They are for students in Grade Seven (VII) and older. For further information please see Father Slawek or email Caroline Knickle at catechesis@sacredheartcathedral.ca

12. MUSIC MINISTRY

Saturday 5:00 pm Mass:

1ST and 2nd Saturdays of the month: Genalyn Puno and group 3rd, 4th and 5th Saturdays: Genalyn Puno and Children's Choir

Sunday 10:30 am Mass

1st Sunday: Jacqueline Carew

Second Sunday: Chant group/choir

3rd, 4th and 5th Sundays: No music (or Katherine, Claire and Caroline will lead from the pews)

Note: This Schedule is subject to change depending on the future arrangements of the different choir groups in faithful coordination with Lucille Stuart, the Parish Choir / Music Ministry Coordinator. Schedules during Novena Masses and Christmas Eve and Christmas Day Masses will be announced later. Thank you very much and God bless everyone who brings forth a livelier spirit and merrier symphony during our Holy Eucharistic Celebrations. To God be the glory!

Special Recognitions!

The Sacred Heart Cathedral Parish sincerely thanked and recognized the exemplary efforts, time and resources shared by Chuidji Dangpilen, Ailyn Mationg, Maribeth C. Riano, and most specially to Rheimond Domingo and Jane Dorothy Lazatin-Domingo in helping the decorations of the Rectory and other fixing jobs in the Church, the preparations of Sunday Offering Envelopes, and Christmas Cards for Parishioners. May the Lord be always glorified of them and grants the graces that they need, and the Blessed Virgin Mother Mary always protect them with her mantle of love.

On spirituality: PRAYER INTENTIONS OF POPE FRANCIS FOR DECEMBER 2023

For persons with disabilities - We pray that people living with disabilities may be at tye centre of attention in society, and that institution may offer inclusive programmers which value their active participation.

"Keep praying for PEACE in the Holy Land and the Middle East and Countries in Great Natural



GUIDE TO SCRIPTURAL READINGS AND MEDITATIONS FOR

2nd WEEK OF ADVENT 2023

December 10, Sunday: Theme: 2nd SUNDAY OF ADVENT: NEWNESS OF LIFE

ANTIPHON: Cf. Isaiah 30. 19, 30 O people of Sion, behold, the Lord will come to save the nations, and the Lord will make the glory of His voice heard in the joy of your heart.

READING 1: Isaiah 40: 1-5, 9-11 Comfort of God's People and Greatest of God

40Comfort, O comfort my people, says your God. ²Speak tenderly to Jerusalem, and cry to her that she has served her term, that her penalty is paid, that she has received from the Lord's hand double for all her sins. ³A voice cries out: "In the wilderness prepare the way of the LORD, make straight in the deserta highway for our God. ⁴Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. ⁵Then the glory of the LORD shall be revealed, and all people shall see it together, for the mouth of the LORD has spoken." ⁹Get you up to a high mountain, O Zion, herald of good tidings; lift up your voice with strength, O Jerusalem, herald of good tidings, lift it up, do not fear; say to the cities of Judah, "Here is your God!" ¹⁰See, the Lord God comes with might, and his arm rules for him; his reward is with him, and his recompense before him. ¹¹He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his bosom, and gently lead the mother sheep.

RESPONSORIAL PSALM: Psalm 85. 8ab+9, 10-11, 12-13 Response. 7

RESPONSE: 7Show us your steadfast love, O Lord, and grant us Your Salvation.

Let me hear what God the LORD will speak, for he will speak peace to his people, to his faithful, to those who turn to him in their hearts. Surely his salvation is at hand for those who fear him, that his glory may dwell in our land.

RESPONSE: 7Show us your steadfast love, O Lord, and grant us Your Salvation.

Steadfast love and faithfulness will meet; righteousness and peace will kiss each other. Faithfulness will spring up from the ground, and righteousness will look down from the sky.

RESPONSE: 7Show us your steadfast love, O Lord, and grant us Your Salvation.

The LORD will give what is good, and our land will yield its increase. Righteousness will go before him, and will make a path for his steps.

RESPONSE: 7Show us your steadfast love, O Lord, and grant us Your Salvation.

READING 2 2Peter 3.8-14 The Lord keeps His promise. Be prepared always and be at peace with Him.

But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. 9 The Lord is not slow in keeping His promise, as some understand slowness. Instead He is patient with you, not wanting anyone to perish, but everyone to come to repentance. 10 But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything done in it will be laid bare. 11 Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives 12 as you look forward to the day of God and speed its coming. That day will bring about the destruction of the heavens by fire, and the elements will melt in the heat. 13 But in keeping with His promise we are looking forward to a new heaven and a new earth, where righteousness dwells. 14 So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with Him.

GOSPEL ACCLAMATION & ALLELUIA Luke 3, 4-6

Alleluia, Alleluia! Prepare the way fo the Lord, make straight His paths: all people shall see the salvation of God. Alleluia.

GOSPEL: Mark 1. 1-8 "1The beginning of the good news of Jesus Christ, the Son of God

²As it is written in the prophet Isaiah, "See, I am sending my messenger ahead of you, who will prepare your way; ³the voice of one crying out in the wilderness: 'Prepare the way of the Lord, make his paths straight," ⁴John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. ⁵And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. ⁶Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. ⁷He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. ⁸I have baptized you with water; but he will baptize you with the Holy Spirit."

Praver:

My Lord of all newness, I do say "Yes" to You and to the calling that You have given to me. I accept the new life of grace that You have prepared for me and I willingly accept Your gracious invitation. Help me, dear Lord, to daily answer the glorious vocation to the life of grace I have been given. Jesus, I trust in You. (My Catholic Life)

December 11, Monday:

Theme: MAKING ALL THINGS NEW

Ferial: St. Damasus I.

ANTIPHON: Cf. Jeremiah 31; Isaiah 35. Hear the word of the Lord, O nations; declare it to the distant lands: Behold, our Saviour will come; You need no longer fear.

READING 1: Isaiah 35. 1-10 Gladness ad rejoicing of the wilderness and the parched land **RESPONSORIAL PSALM:** Psalm 85. 8ab+9, 10-11, 12-13 **Response.** Isaiah 35.4d

RESPONSE: Our Lord will come to save us.

GOSPEL ACCLAMATION: Behold, the King will come, the Lord of earth, and He will set us free. Alleluia

GOSPEL: Luke 5. 17-26 ²⁶... "We have seen strange things today".

Prayer:

My Lord of all generosity, I desire to be made anew. I desire to live a new life in grace so that even more grace can be lavished upon me through Your sacred words. Help me, dear Lord, to embrace the life of abundance that You have in store for me. Jesus, I trust in You.. (My Catholic Life)

December 12, Tuesday

Theme: THE LORD'S DAY IS FOR YOU

Feast: Our Lady of Guadalupe, Patron of the Americas National Day of Prayer in solidarity with Indigenous Peoples

ANTIPHON: Revelation 12. A great sign appeared in the sky, a woman clothedwith the sun, with the moon under her feet, and on her head a crown of twelve stars.

READING 1: Zechariah 2. 10-13 Sing and rejoice, O daughter Zion! For lo, I will come and dwell in your midst, says the Lord.

RESPONSORIAL PSALM: Judith 13. 18 abc, 19-20 ab R 15.9b

RESPONSE: You are the highest honour of our race.

GOSPEL ACCLAMATION: Alleluia, Alleluia! Behold, our Lord shall come with power; He will enlighten the eyes of His servants. Alleluia.

GOSPEL: Luke 1. 39-37 "Blessed are you among women, and blessed is the fruit of your womb.."

Prayer:

My inviting Lord, I thank You for establishing the New Sabbath as a day to rest and worship You. Help me to live every Sunday and Holy Day of Obligation in the way You desire. Help me to see these days as a gift from You to worship and to be renewed. Jesus, I trust in You. (My Catholic Life)

December 13, Wednesday: Theme: FREEDOM FROM THE CONFUSION OF SIN Memorial: St. Lucy

ANTIPHON: How beautiful you are, O virgin of Christ, who were worthy to receive the Lord's crown, the crown of perpetual virginity.

READING 1: Isaiah 40. 25-31. "To whom then will you compare me, or who is my equal?", says the Lord.

RESPONSORIAL PSALM: Psalm 103. 1-2, 3-4, 8+10 R 1a

RESPONSE: O bless the Lord, my soul.

GOSPEL: Matthew 11. 28-30 "Take My yoke upon you, and learn from me..."

Prayer:

My most merciful Lord Jesus, please do forgive me for all my sins. I am sorry and I pray that I will be able to see all that clouds my thinking and acting. Free me and help me to love You and others with the pure love I am called to have. Jesus, I trust in You. (My Catholic Life)

December 14, Thursday: Theme: TRUSTING IN THE AUTHORITY OF THE CHURCH Memorial: St. John of the Cross

ANTIPHON: Galatians 6. May I never boast, except in the Cross of our Lord, Jesus Christ, through which the world has been crucified to me, and I to the world.

READING 1: Isaiah 41: 13-20 'Do not fear, I will help you'.
RESPONSORIAL PSALM: Psalm 145, 1+9, 10-11, 12-13ab R8

RESPONSE: The Lord is kind and merciful!

GOSPEL ACLAMATION: Isaiah 45. Alleluia, alleluia. Let the clouds rain down the Just One, and the earth bring forth a Saviour. Alleluia.

GOSPEL: Matthew 11. 11-15 "Truly I tell you, among those born of women no one has arisen greater than John the Baptist." Prayer:

My Lord of all Truth, I thank You for the gift of Your Church. Today, I especially thank You for the gift of the clear and authoritative teaching that comes to me through the Church. May I always trust in this authority and offer a full submission of my mind and will to all that You have revealed, especially through our Holy Father and the saints. Jesus, I trust in You.

(My Catholic Life)

December 15, Friday: Theme: BEING CALLED UP THE MOUNTAIN WITH JESUS
Ferial: Roman Missal 142: Lectionary 185

ANTIPHON: Behold, the Lord will come descending with splendour to visit his people with peace, and he will bestow on them eternal life

READING 1: Isaiah 48. 17-19 "I am the Lord, your God, who teaches you for your own good, who leads you in the way you should go."

RESPONSORIAL: Psalm 1. 1-2, 3, 4+6 R John 8.12)

RESPONSE: Those who follow You Lord, will have the light of life.

GOSPEL ACCLAMATION: Alleluia, alleluia. The Lord will come; go out to meet Him! He is the prince of peace. Alleluia.

GOSPEL: Matthew 11. 16-19. "To what will I compare this generation?"

Prayer:

My inviting Lord, I do accept Your gentle invitation to go up the mountain of faith and prayer. I desire to seek You out and to be with You. As I meet You in prayer, give me the grace I need to then go forth and fulfill Your divine will. Jesus, I trust in You. (My Catholic Life)

December 16, Saturday: Theme: IS JESUS "OUT OF HIS MIND?"
Ferial: Roman Missal 143 Lectionary 186

ANTIPHON: CF. Ps 79. *Come and show us Your face, O Lord, who are seated upon the Cherubin, and we will be saved.* **READING 1: Sirach 48.1-4, 9-11** "Happy are those who saw you and were adorned with your love! For we also shall surely

live.."

RESPONSORIAL PSALM: Psalm 80. 1ac+2b, 14-15, 17-18 Response 3.

RESPONSE: Lord, let us see Your face and we shall be saved.

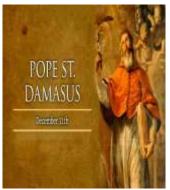
GOSPEL: Matthew 17, 10-13 "So also the Son of Man is about to suffer at their hands."

Praver:

My Lord of all wisdom, I know that You were misunderstood and even criticized by others. You were misrepresented and judged even by those close to You. Help me to always accept unjust persecution and judgment in life as I seek to follow Your holy and divine will. Help me to seek You and Your will in all things despite any erroneous opinions of others. Jesus, I trust in You. (My Catholic Life).

Celebrating the Commemorations of the Saints For the 2nd Week in Ordinary Time – Year B

The feast of the saints is important because it is a way of honouring God and growing in our love for Him12. It also reminds us of the ways the Lord has been and continues to be at work in the world and of the triumph of the Gospel By celebrating the feast days of saints, we commemorate their lives, their virtues, and their intercession for us. (EWTN









(Photo courtesy of katakombe.org)

Some glipmse on the "The Advent Candles"

December 3: 1st Sunday of Advent, the lighting of the 1st Candle HOPE that symbolizes the expected arrival of the Messiah, the reminder of the prophecy of Isaiah that a Saviour will be born, the Emmanuel- which means God is with us, and called Jesus. Now, we always commemorate His Birthday, hence, we always look forward for a Merry Christmas because our hearts and souls always long for Him. We prepare ouselves for His coming to our Everyday Lives as our constant Companion and Very Best Friend. Most importantly, we prepare ourselves for His coming as a just Judge of our doings, our thoughts and feelings.

December 10: 2nd Sunday of Advent, the lighting of the 2nd Candle FAITH which symbolizes the conviction of Joseph and Virgin Mary to the "seed of faith" from the words of God through the Angels and their magnificent Obedience to God in taking along their difficult journey to Bethlehem. They gracefully responded the mission to prepare the way of the birth of the Saviour Jesus Christ. Now, we are called on to examine ourselves, search the deeper meaning of our existence and find means to nurture our faith to grow deeply, glow brightly, and go on spreading steadfastly where the Holy Spirit leads us on. Let us stand firm with the Apostles on the Creed that we believe in and be ready to lay our lives on it. *-Vicenlerose*

Christianity is not a matter of persuading people of particular ideas, but of inviting them to share in the greatness of Christ. So, pray that I may never fall into the trap of impressing people with deverspeech, but instead I may learn to speak with humility, desiring only to impress people with Christ himself. —St. Ignatius of Antioch

Do not be troubled or weighed down with grief. Do not fear any illness or vexation, anxiety or pain... Are you not under my shadow and protection? – Our Lady of Guadalupe to Juan Diego Cuaubtlatoatzin

The endurance of darkness is the preparation for the great light – *St. John of the Cross*