



SACRED HEART CATHEDRAL PARISH

1st Sunday in Ordinary Time – Year B
December 03, 2023

SEASON OF ADVENT

December 3, 2023 to December 24, 2023

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



(Photo courtesy of hawicalthosherald.com)

*Be awake,
guard your heart
through Prayer.*

Our Address:
06 Steele Street, 4th Avenue,
Whitehorse, Yukon , Y1A 2C8
Phone: (867)-667-2437

PARISH MINISTRY

1. DAILY HOLY MASS CELEBRATIONS

Rev. Fr. Sławomir Szwagrzyk
Rector / Parish Priest

Our Email address:
office@sacredheartcathedral.ca

A. Sunday Masses

5:00 PM	9:00	10:30	12:00	7:00
Saturday	AM	AM	NN	PM

B. Daily Masses

12:10 NN
Monday to Friday

C. Special Masses

9:00 AM	First	Weddings and Funerals
Saturday of the Month		(by Appointments)

D. Mass Intentions

Date	Day	Time	Intentions	Date	Day	Time	Intentions
Dec 02	Sat	9:00AM	Vicenta Barbarona – Family Health, and Reconciliation	Dec 04	Mon	12:10 NN	+Mareanne Blythe
		5:00 PM	+ Mr & Mrs Rodney Desmoulin	Dec 05	Tue	12:10 NN	+Ana Hardcastle
Dec 03	Sun	9:00 AM	+ Felipe Hernandez Jr. & Narciso Misláng & Family	Dec 06	Wed	12:10 NN	+Fritz Mordeno
		10:30 AM	All Parishioners	Dec 07	Thu	12:10 NN	+Gus & Vivian Pasowisty
		12:00 NN	+Rita Renaud	Dec 08	Fri	12:10 NN 07:00 PM	Vicenta Barbarona -Thanksgiving to the Immaculate Conception of Mary
		7:00 PM	+Carlos, Violeta & Hermenegildo Family	Dec 09	Sat	9:00 AM 5:00 PM	+Rorate Caelimess +Krisbian Lopez

Remembering our departed loved ones and praying for them will help grant merits of heaven and indulgences for the living.

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 Reconciliation

Sunday: Before the Mass
Saturday: 4:00 – 4:45 PM or call for an appointment
Monday to Friday: 11:30 AM – 12:00 NN

Sacrament of Confirmation and Holy Communion

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

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. BEAUTIFUL BREAKFAST

Welcome to the **Beautiful Breakfast** on Sunday December 3, 2023 at the CYO Hall after the 9:00 AM and 10:30 AM Masses, serving from 10:00AM -1:00PM. It will be **By Donation**. Come and enjoy spending time with your Faith Community.



We gladly await you.

2. SUNDAY COLLECTIONS

For November 2023, our Total Sunday Collections from all Love Offerings and Mass Intentions is **\$11,578.00**. With sincere thanks and appreciations to all our donors sponsors, contributors, and kind-hearted parishioners, we continuously pray that God will ever bless you more and grant you healthier and happy lives. *To God be all glory and praise forever.*

3. CALLED TO REJOICE - ADVENT RETREAT

Called to Rejoice - Advent Retreat
"Behold! I am making all things new."

Advent is a time of preparation, of waiting and of making space in our lives for what really matters.

For this special time join us to take time each week to Behold and Heal with Mary, with St. Joseph, with Jesus and with the Holy Family

Nov 29 and Dec 5, 2023 - 7 to 9 pm

Sacred Heart Cathedral

CALLED TO REJOICE – ADVENT RETREAT

At 7:00 – 9:00 PM
DECEMBER 5:
(Second Day)

Sacred Heart Cathedral

All are invited to come and join.

4. 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 of the Church.



5. SPECIAL PROGRAM AND CALLING FOR ADULTS AND FAMILIES

Called to Love: Education in the Faith, and Vocation within the Family Catechesis for Adults and Parents

Every 2nd Friday,
7pm to 8:30pm

In the CYO hall at Sacred Heart Cathedral –
406 Steeles St., Whitehorse

Starting Friday, October 13th, 2023 until May 10th, 2024

Do you have questions or even concerns about your faith or how to transmit it in today's world?
This catechesis is for you.

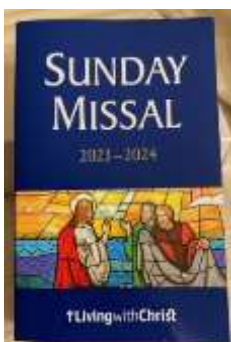
Contact the Office of the Bishop thru email to:

bishopoffice@rcdw.ca

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

6. SUNDAY MISSAL 2023-2024



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. NOVENA MASS ADVENT SCHEDULE

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

8. 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* at 5:00 PM, 7:00 PM (French), 9:00 PM and 11:00 PM

December 25, 2023, Monday, *Christmas Day* at 9:00 AM, 10:30 AM, and 12:00 NN (French)

9. WHREABOUTS OF THE PARISH RECTOR

On **December 03, 2023, Sunday**, Fr. Slawek will be celebrating the Holy Masses in **Teslin and Atlin**. Let us pray for the safety and guidance of the Holy Spirit as he goes on his missions in the service for our God's glory.

10. MASS SPONSORS AND OFFERERS

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.

11. 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 WILL HAVE A CHRISTMAS BREAK AFTER DECEMBER 5, 2023 AND WILL 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: Gigi 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)

Sunday 9:00 am Mass

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

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

Sunday 7:00 pm Mass

All Masses: Dominic Pelayo and group

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!***

On spirituality:

PRAYER INTENTIONS OF POPE FRANCIS FOR DECEMBER 2023

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



GUIDE TO SCRIPTURAL READINGS AND MEDITATIONS FOR

1st WEEK OF ADVENT 2023

December 03, Sunday:

Theme: **1st SUNDAY OF ADVENT: WATCHFULNESS**

ANTIPHON: Cf. Psalm 24. 1-3 *To You, I lift up my soul, O my God. In You, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in You be put to shame.*

READING 1: [Isaiah 63:16-17, 64:1, 3-8](#) *For You are our Father (Isaiah 63:16)*

¹⁶ For you are our father, though Abraham does not know us and Israel does not acknowledge us; you, O LORD, are our father; our Redeemer from of old is your name. ¹⁷ Why, O LORD, do you make us stray from your ways and harden our heart, so that we do not fear you? Turn back for the sake of your servants, for the sake of the tribes that are your heritage. ⁶⁴ O that you would tear open the heavens and come down, so that the mountains would quake at your presence— ³ When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence. ⁴ From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him. ⁵ You meet those who gladly do right, those who remember you in your ways. But you were angry, and we sinned; because you hid yourself we transgressed.² ⁶ We have all become like one who is unclean, and all our righteous deeds are like a filthy cloth. We all fade like a leaf, and our iniquities, like the wind, take us away. ⁷ There is no one who calls on your name, or attempts to take hold of you; for you have hidden your face from us, and have delivered² us into the hand of our iniquity. ⁸ Yet, O LORD, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.

RESPONSORIAL PSALM: *Psalm 80. 1ab+2, 14-15, 17-18 Prayer to restore God's vineyard* **Response: 3**

RESPONSE: *3 Upon Ephraim, Benjamin, and Manasseh. Stir up your power, and come to save us, OR Restore us, O God, let Your face shine, that we may be saved.*

1 For the leader; according to "Lilies." *Eduth.*: A psalm of Asaph. | 2 O Shepherd of Israel, lend an ear, you who guide Joseph like a flock! Seated upon the cherubim, shine forth^a.

RESPONSE: *3 Upon Ephraim, Benjamin, and Manasseh. Stir up your power, and come to save us, OR Restore us, O God, let Your face shine, that we may be saved.*

14 The boar from the forest strips the vine; the beast of the field feeds upon it.^a 15 Turn back again, God of hosts; look down from heaven and see; Visit this vine.

RESPONSE: *3 Upon Ephraim, Benjamin, and Manasseh. Stir up your power, and come to save us, OR Restore us, O God, let Your face shine, that we may be saved.*

17 Those who would burn or cut it down— may they perish at your rebuke. 18 May your hand be with the man on your right,² with the son of man whom you made strong for yourself.

RESPONSE: *3 Upon Ephraim, Benjamin, and Manasseh. Stir up your power, and come to save us, OR Restore us, O God, let Your face shine, that we may be saved.*

READING 2 [1 Corinthians 1. 3-9](#) *Thanksgiving*

³ Grace and peace to you from God our Father and the Lord Jesus Christ. ⁴ I always thank my God for you because of his grace given you in Christ Jesus. ⁵ For in him you have been enriched in every way—with all kinds of speech and with all knowledge— ⁶ God thus confirming our testimony about Christ among you. ⁷ Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. ⁸ He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. ⁹ God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

GOSPEL ACCLAMATION & ALLELUIA *Psalm 85.7*

Alleluia, Alleluia! Show us Your steadfast love, O Lord, and grant us Your salvation. Alleluia.

GOSPEL: [Mark 13. 33-37](#) *"What I say to you, I say to all: 'Watch!'"* [Mark 13:37](#).

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!"

Prayer:

Come, Lord Jesus! Come! May this Advent be a time of deep renewal in my life, dear Lord. May it be a time in which I strive with all my heart to seek out Your gentle and profound voice. Give me the grace, dear Lord, to turn away from the many noises of the world that compete for my attention and to turn only to You and to all You wish to say. Come, Lord Jesus, come into my life more deeply during this Advent season. Jesus, I trust in You. (My Catholic Life)

December 04, Monday:

Theme: FAITH IN THE MOST HOLY EUCHARIST

Ferial: St. John Damascene

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 2. 1-5 The Mountain of the Lord*

RESPONSORIAL PSALM: *Psalm 122. 1-2, 3-4, 7-8, 9-10 R1*

RESPONSE: *Let us go rejoicing to the house of the Lord.*

GOSPEL: *Matthew 8.5-11, 13+++ "Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed." Mt. 8:8*

Prayer:

Lord, I do believe. Help my unbelief. Help me to see my unworthiness each time I prepare for Holy Communion. And in that humble admission, may I also invite Your healing presence in my life. Jesus, I trust in You. (My Catholic Life)

December 05, Tuesday

Theme: HUMILITY BEFORE THE MYSTERY OF FAITH

ANTIPHON: *Cf. Zechariah 14. Behold, the Lord will come, and all His holy ones with Him; and on that day there will be a great light.*

READING 1: *Isaiah 11. 1-10 The Branch from Jesse will bear fruit and His Kingdom of Righteousness will ever reign.*

RESPONSORIAL PSALM: *Psalm 72. 1-2, 7-8, 12-13, 17 R7*

RESPONSE: *Justice shall flourish in His time, and fullness of peace for ever.*

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

GOSPEL: *Luke 10. 21-24 "I give you praise, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike."*

Prayer:

Lord, give me the simple and humble faith of a child. Help me to see You as You are and to allow Your presence in our world to penetrate my life. Jesus, I trust in You. (My Catholic Life)

December 06, Wednesday:

Theme: JESUS CARES ABOUT DETAILS

Ferial: St. Nicholas – Bishop, play the role as Sta. Claus

ANTIPHON: *Cf Habakkuk 2; 1 Corinthians 4 The Lord will come and He will not delay. He will illumine what is hidden in darkness and reveal himself to all the nations.*

READING 1: *Isaiah 25. 6-10a. "This is the Lord for whom we have waited; let us be glad and rejoice in His salvation."*

RESPONSORIAL PSALM: *Psalm 23. 1-3a, 3b-4, 5, 6 R 6cd*

RESPONSE: *I shall dwell in the house of the Lord, all the days of my life.*

GOSPEL: *Matthew 15. 29-37 "I have compassion for the crowd...and I do not want to send them away hungry, for they might faint on the way."*

Prayer:

Lord, thank You for Your unfailing and perfect concern for every detail of my life. Thank You for Your perfect attentiveness to my needs. May I always trust in Your perfect care for me and surrender to Your loving providence. Jesus, I trust in You. (My Catholic Life)

December 07, Thursday:

Theme: LISTEN, UNDERSTAND, ACT
Memorial: St. Ambrose, Bishop and Doctor

ANTIPHON: Cf. Sirach 15. *In the midst of the church he opened his mouth, and the Lord filled him with the spirit of wisdom and understanding clothed him in a robe of glory..*

READING 1: Isaiah 26: 1-6 "Trust in the Lord forever, for in the Lord God you have an everlasting rock."

RESPONSORIAL PSALM: Psalm 118. 1, 8-9, 19-21, 25-27a R26a

RESPONSE: *Blessed is He who comes in the name of the Lord; OR Alleluia, Alleuia!*

GOSPEL: Matthew 7. 21, 24-27 "Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock

Prayer:

Lord, may your human life become the foundation of my life. May my life be built upon You who are the Rock Foundation. Jesus, I trust in you. (My Catholic Life)

December 08, Friday:

Theme: SOLEMNITY OF THE IMMACULATE CONCEPCION
OF THE BLESSED VIRGIN MARY

ANTIPHON: Isaiah 61. *I rejoice heartily in the Lord, in my God is the joy of my soul; for he has clothed me with a robe of salvation, and wrapped me in a mantle of justice, like a bride adorned with jewels."*

READING 1: Genesis 3. 9-15, 20 The man gave his wife the name "Eve," because she was the mother of all the living."

RESPONSORIAL: Psalm 98. 1, 2-3ab, 3 cd – 4 R 1a

RESPONSE: *Sing to the Lord a new song, for He has done marvelous things.*

GOSPEL: Luke 1. 26-38. *Then Mary said, "Here I am, the servant of the Lord; let it be done to me according to your word".*

Prayer:

Lord, do help me to see and help me to share the joy of seeing You with others. May that joy flow from my life for all to see. Jesus, I trust in You. (My Catholic Life)

December 09, Saturday:

Theme: THE GIFT OF GOD
Ferial: St. Juan Diego Cuauhtlatotzin

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: Isaiah 30. 19-21, 23-26 "This is the way, walk in it."

RESPONSORIAL PSALM: Psalm 147. 1-2, 3-4, 5-6 Response Isaiah 30.18.

RESPONSE: *Happy are all who long for the coming of the Lord.*

GOSPEL: Matthew 9. 35-10.1, 5a, 6-8++ "Without cost you have received; without cost you are to give." [Matthew 10:8b](#)

Prayer:

Lord, thank You for the Gift of Your life. Thank You for coming to Earth to enter into my life. Thank You for the joy of knowing You and loving You. May I allow this joy to so transform my life that I may continually seek to give You to others. Jesus, I trust in You. (My Catholic Life).

Celebrating the Commemorations of the Saints For the 34th Week

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 world², and of the triumph of the Gospel³. By celebrating the feast days of saints, we commemorate their lives, their virtues, and their intercession for us. (EWTN)

IMMACULATE CONCEPCION OF MARY



December 08: Celebrations Of Masses at 12:10 NN & 7:00PM.
"O Blessed Mary Immaculate, we wish, however, that you are always with us and certainly joyful that you are always in our homes and keeping us all in your loving tutelage especially our children."

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.**





(Courtesy to theophilus.deviantart.com)

St. John Damascene

Patron Saint of **pharmacists**, icon painters, and theology students, Priest & Doctor of the Church.



(Courtesy to Al Jazeera English)

St. Nicholas

Bishop and Patron Saint of Children, unmarried people, falsely accused, fishermen and pawnbrokers.



SAINT AMBROSE - DECEMBER - BISHOP AND DOCTOR OF THE CHURCH

(Photo courtesy to mtresources.org)

St. Ambrose

Bishop and Doctor of the Church, Patron Saint of Bees, Beekeepers and candle makers



(Photo courtesy to voodemini pl)

St. Juan Diego Cuauhtlatotzin

1st Indigenous Saint for the Americas; Patron Saint of Indigenous People; with many apparitions of Our Lady of Guadalupe

Advent Watchfulness

“What I say to you, I say to all: ‘Watch!’” [Mark 13:37](#)

Are you attentive to Christ? Though this is a profoundly important question, there are many who may not even fully understand what this means. Yes, on the surface it is clear: Being “attentive” is being aware of the presence of our Lord in your life and in the world around you. So are you attentive? Are you watchful? Are you looking, seeking, waiting, anticipating and preparing for Christ to come? Though Jesus came to Earth over 2,000 years ago in the form of a little child, He continues to come to us today. And if you are not daily aware of His profound presence, then you may already be somewhat asleep, spiritually speaking.

We “fall asleep” on a spiritual level every time we turn our interior eyes to the passing, unimportant and even sinful things of this world. When that happens, we can no longer see Christ Himself. Sadly, this is becoming increasingly easy to do. Violence, sickness, hatred, division, scandal and the like plague us day in and day out. The news media daily competes to present us with the most shocking and sensational news possible. Social media daily seeks to fill our short attention span with sound bites and images that satisfy for but a moment. As a result, the eyes of our soul, our interior vision of faith, is darkened, ignored, forgotten about and dismissed. And as a result, many in our world today no longer appear to be able to cut through the growing chaotic noise so as to perceive the gentle, clear and profound voice of the Savior of the World.

As we begin our Advent season, our Lord is speaking to you in the deepest depths of your soul. He is gently saying, “Wake up.” “Listen.” “Watch.” He will not shout, He will whisper so that you must give Him your full attention. Do you see Him? Hear Him? Listen to Him? Understand Him? Do you know His voice? Or do the many voices all around you take you away from the deep, profound and transforming truths He wishes to communicate to you?

Reflect, today, upon the fact that God is speaking within the depths of your soul each and every day. He is speaking to you now. And what He says is all that really matters in life. Advent is a time, more than any, to renew your commitment to listen, to be attentive and to respond. Do not remain asleep. Wake up and diligently be attentive to the profound voice of our Lord. (My Catholic Life)

Contemplation is nothing else but a secret, peaceful and loving infusion of God which, if admitted, will set the soul on fire with the Spirit of Love, - St. John of the Cross