



St. Vincent de Paul Catholic Church

**First Sunday of Advent
December 1, 2024**

Parish Mission

We are one Church: loving Jesus, serving Jesus, and sharing Jesus.

Parish Vision

We are a vibrant Catholic church serving a diverse community in a safe and welcoming environment where we care for all people along their faith journey.

Core Values

Discipleship • Hospitality
Service • Worship

Weekend Masses

Saturday 5:00 p.m.
Sunday 8:00 a.m., 10:00 a.m.,
3:00 p.m. (Spanish/English)

Weekday Masses

Monday 6:30 a.m.
Tuesday 6:30 a.m.
Wednesday 6:30 a.m., 5:15 p.m.
Thursday 6:30 a.m., 8:00 a.m.
Friday 6:30 a.m. 8:00 a.m.
First Friday 8:00 a.m.
Saturday 6:30 a.m.

Confessions

First Friday of the month 12:00 noon
Saturday 3:30 - 4:30 p.m.
or by appointment

Parish Office Hours

Monday - Friday
8:00 a.m. - 4:30 p.m.

Patient Anticipation

God our Father, fulfiller of promises, you illuminate our way to justice.

Guide us to humbly and kindly increase our love for one another.

*May our hearts be strengthened as we look past
the distractions of this season.*

*In this patient anticipation, help us to be vigilant,
so that we may be ready to respond to the call
you have placed in our hearts.*

Through Christ our Lord. Amen.

What is a *Spiritual Bouquet?*

A spiritual bouquet is a beautiful, Catholic tradition of offering prayers, charitable acts, and sacrifices to someone else to express joy, best wishes, or comfort in sorrow and often in commemoration of a special occasion. They are devotional acts and prayers said on behalf of someone else and for their intentions.

During the weekends of
November 30/December 1, and December 7/8,
spiritual bouquets will be gathered for
Bishop Emeritus John Leibrecht's 40th Episcopal Anniversary.

During the weekends of **December 7/8, December 14/15, and
December 21/22** bouquets will be gathered for
Diocesan Seminarians and Jordan Huff who is discerning
consecrated life with the Dominican Sisters of St. Cecilia.

**Spiritual bouquet cards will be available in the Gathering Area.
Please return your completed card to the marked container.**



1913 Ritter Drive • Cape Girardeau, Missouri 63701
573-335-7667 • Fax 573-335-0034 • www.svcape.com

Serving the Catholic Community since April 9, 1836

• **Mass Intentions** •

Monday, December 2

6:30 am Jerry Obermark ☩

Tuesday, December 3 St. Francis Xavier

6:30 am Elle Jean Bowman ☩

Wednesday, December 4

St. John Damascene

6:30 am Andrew Buchheit (living)

5:15 pm Kenneth Willett ☩

Thursday, December 5

6:30 am Gabriel Kiblinger (living)

8:00 am **No Mass**

Friday, December 6 St. Nicholas

6:30 am Kevin Lopez Mader (living)

8:00 am Living and Deceased Members of the Tony Biondini Family

Saturday, December 7 St. Ambrose

6:30 am Living and Deceased Members of the Anthony and Patricia Grasso Family

5:00 pm Bryant Seyer ☩

Sunday, December 8

Second Sunday of Advent

8:00 am Living and Deceased Members of the Glen and Bessie Grojean Family

10:00 am Juanita Aceves ☩

3:00 pm Poor Souls in Purgatory (Bilingual)

• **Prayer Requests** •

Please remember **Scott Koch**, the sick, the hospitalized, and those who care for them. Pray also for homebound St. Vincent parishioners.



**Advent
by
Candlelight**

*Anticipating a Beautiful Evening
Beholding the Mystery of Advent*

- Monday, December 2
- Doors open: 5:30 p.m.; Dinner: 6 p.m.
- Deerfield Lodge, 6275 County Road 313, Cape Girardeau
- Call/text Laura Delgado with questions or to cancel, (573) 225-0999.

“Be on guard,” Jesus warns in today’s Gospel, “lest your spirits become bloated with indulgence.” Let us heed His warning and follow the advice of St. Paul, conducting ourselves in a way pleasing to God, overflowing with love for one another.

Advent - Starting December 1!

Give *yourself* a Gift! Choose from one of these top-rated Advent programs:

From Ascension —



Join Fr. Mike Schmitz’s first-ever Advent program. Every day, Fr. Mike will dive into the daily readings. It only takes a few minutes a day. Commit. Grow. Be inspired. Learn. Join at: www.ascensionpress.com/FrMikeAdvent.

From Dynamic Catholic —



Most people spend the month before Christmas feeling busy and overwhelmed. Don’t let that be your story! Join *Dynamic Catholic* for **Best Advent Ever** and get ready to slow down, reconnect, and rediscover the peace of the Christmas season. Join at: www.dynamiccatholic.com/advent24.

A Season for Giving



As we prepare for Christmas through our celebration of Advent, St. Vincent de Paul Parish is again sponsoring the **Foster Care Christmas Project**, the collection of gifts for children living in foster care. In addition to foster children, the parish will also assist Whole Health Outreach to provide Christmas gifts for children in the Ellington, Missouri area.

Gift tags for this project are posted on the bulletin board in the gathering area. Each child will have four tags posted: two for items the child needs (clothing, socks, etc.) and two tags for things the child wishes for (toys, etc.). You are invited to take a tag and purchase the requested gift. Return the tag with the item by December 11. ***If you bring your gift on a weekend, please leave it on the designated table in the gathering area. Gifts brought during the week and all gift cards must come to the parish office.*** If you have a question about a gift or cannot find the particular item, please call the parish office at 335-7667 for assistance. Each gift has to be checked and recorded so the gifts should not be wrapped. However, clothing should be packed in gift boxes. Because the children receive many used items throughout the year, please send new gifts only.

Most of us are unable to accept a foster child into our home, but this is one way we can assist foster parents who are generously caring for these children. In addition to the gift you may be giving, please remember to pray for the foster children, their families, and the foster families who care for them.

*Debbie Baumgart, Julie Schuchardt, Jamie Shaffar,
and the St. Vincent Parish Office Staff*

May He Rest in Peace

Sympathy is extended to the family of
Roy F. Dillard, brother of Jo Tanner.

*May he and all the souls of the faithful departed,
through the mercy of God, rest in peace.*



St. Vincent de Paul Men's Association Christmas Celebration

All men of the parish, 18 and older, are invited to the annual St. Vincent de Paul Men's Association Christmas Mass and Dinner on **Monday, December 2**. Mass will be celebrated at **6:00 p.m.** in **Old St. Vincent Church**, 131 S. Main Street. Immediately following Mass and Christmas carols, there will be a smoked chicken dinner held at **Kohlfeld Distributing**, 4691 E. Jackson Boulevard, (North Kingshighway). Bring a friend to celebrate the Christmas season in fellowship with the men of St. Vincent de Paul Parish. If you have questions, contact Craig Schumer at cjschumer@hotmail.com or at 573-380-1105.

St. Vincent de Paul Women's Council Christmas Party

The St. Vincent de Paul Women's Council Christmas gathering will take place on Monday, **December 9, 2024, at 6:00 p.m.** in the lower meeting room. *(Please note date change from first Monday.)* All women of the parish are invited. Dinner and refreshments will be served. If you wish to participate in a lively gift exchange, please bring a \$5 gift item. You may also bring a gift for Birthright. Needed items are newborn layettes and outfits. For questions, call Judy McGuire at 812-236-1755 or Kathy Berkbigler at 573-587-5970. ***Come share fellowship and celebrate the Christmas season with the women of the parish!***



The Source and Summit ...
Eucharistic Revival 2022-2025

Walk With One
The *Greatest* Love Story

Okay ... now that you have talked to God about "walking with" another person, how about we get together and pray for those individuals?

Father Rick will have a **Holy Hour in Church at 6:30 p.m. on Tuesday, December 3**. In the presence of the Blessed Sacrament, you can share your journey so far with how your "Walk with One" is doing. If you do not have a person identified yet, no worry ... this may be the night God speaks to you who that person is to be. Since we are close to Advent, we will make this a time of prayer, and we will focus on our walk to Bethlehem. No RSVP is needed

For more information, go to <https://www.eucharisticrevival.org/walk-with-one>.

**High Schoolers: You are invited to
Come and Pray**

Spend time with Jesus at the SEMO Newman Center

Come and see! There will be a reflection, praise and worship music, and time to sit in the True Presence of the Eucharist! Afterwards there will be cookies and lemonade in the Neri Hall!

Every first Tuesday of the month • 7:15 - 8:15 p.m.

• The Week Ahead •

Monday, December 2

6:00 pm Advent by Candlelight
(Doors open at 5:30 p.m.)

6:00 pm Men's Association Christmas Party

Tuesday, December 3

9:30 am Communion Service
at Arbors/Auburn Creek

6:00 pm Tuesday Evening Bible Study

6:30 pm St. Francis de Sales Meeting

6:30 pm Walk with One Holy Hour

Wednesday, December 4

9:00 am Wednesday Morning Bible Study

1:00 pm Jesus and the Eucharist Small Group

3:00 pm Divine Mercy Holy Hour

6:00 pm Parish School of Religion

Thursday, December 5

9:00 am Maxine's Shareable Wearables
(9:00 - 11:00 am)

9:00 am Thursday Women's Bible Study

5:00 pm Centering Prayer

5:30 pm i.d.Cape

Friday, December 6

7:00 am Adoration of the Holy Eucharist

12:00 pm Reconciliation

5:15 pm Benediction

Saturday, December 7

8:00 am Youth Ministry Advent Bible Study

9:00 am Maxine's Shareable Wearables
(9:00 - 12:00 pm)

3:30 pm Reconciliation

Sunday, December 8

10:00 am Children's Liturgy of the Word

4:00 pm Our Lady of Guadalupe Fiesta

6:00 pm Marian Consecration



Readings - December 8, 2024

Baruch 5:1-9 • Philippians 1:4-6, 8-11
Luke 3:1-6

Collection - November 24, 2024

Collection	\$ 13,744.00
E-Tithing	\$ 24,750.00
Total	\$ 38,494.00
Weekly Budget	\$ 35,000.00
Difference (7-1-24 to 11-24-24)	-\$ 619.72

*Thank you for being good
stewards of God's gifts!*

• **Contact Information** •

Parish Office

contactus@svparish.com / 573-335-7667

Father Rick Jones, Pastor

Stvcapepadre@gmail.com / 573-335-7667

Deacon Robbie Huff

Superintendent of Schools /Diocesan Chancellor
Diocese of Springfield-Cape Girardeau
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Deacon Mark Kiblinger

Coordinator of Stewardship and OCIA
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Deacon Tony Peters

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Cheryl Oberhaus, Director of Parish Finance

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Gail Overbey, Mass Scheduler

goverbey@svparish.com / 573-335-7667

Congratulations to ...

*Michael and Corrie Young
as they celebrate their
30th wedding anniversary.*



*Please continue to pray
for all married couples and
those preparing for marriage.*

**IS CATHERINE'S CUPBOARD
ON YOUR GROCERY LIST?**

Novena a La Virgen de Guadalupe

Participe en la celebración de la Novena - los nueve días antes de la fiesta del Nuestra Señora de Guadalupe, Patrona de las Américas. La Novena comienza el Miércoles 4 de Diciembre y continúa hasta el Jueves 12 de Diciembre. En cada Novena, se rezará el Rosario junto con oraciones especiales de intercesión a Nuestra Señora de Guadalupe. ¡Después de cada Novena habrá momentos de refresco y celebración!

La Novena se lleva a cabo en los siguientes tiempos en la iglesia:

- Miércoles, 4 de Diciembre a las 6:30 p.m.
- Jueves, 5 de Diciembre a las 6:30 p.m.
- Viernes, 6 de Diciembre a las 6:30 p.m.
- Sábado, 7 de Diciembre a las 6:30 p.m.
- Domingo, 8 de Diciembre a las 2:00 pm (antes de las 3:00 p.m. Misa)
- Lunes, 9 de Diciembre a las 7:00 p.m.
(después de la Misa a las 6:00 p.m. por la Inmaculada Concepción)
- Martes, 10 de Diciembre a las 6:30 p.m.
- Miércoles, 11 de Diciembre at las 6:30 p.m.
- Jueves, 12 de Diciembre, Mañanitas
a las 5:30 a.m. y la Misa a las 6:30 a.m.

Novena to Our Lady of Guadalupe

Join in celebrating the Novena (9 days prior) of Our Lady of Guadalupe, Patroness of the Americas. The Novena begins on Wednesday, December 4, and continues through Thursday, December 12. At each Novena, the Rosary will be prayed along with special prayers of intercession to Our Lady of Guadalupe.

The Novenas will take place at the following times in church:

- Wednesday, December 4 at 6:30 p.m.
- Thursday, December 5, at 6:30 p.m.
- Friday, December 6, at 6:30 p.m.
- Saturday, December 7, at 6:30 p.m.
- Sunday, December 8, at 2:00 p.m. (before the Spanish Mass)
- Monday, December 9, at 7:00 p.m.
(after the 6:00 p.m. Mass for the Immaculate Conception)
- Tuesday, December 10, at 6:30 p.m.
- Wednesday, December 11, at 6:30 p.m.
- Thursday, December 12, Mañanitas (Morning Praise)
at 5:30 a.m. with Mass at 6:30 a.m.

First Friday Schedule of Prayer

All are invited to attend First Friday devotion on **December 6, 2024**. Please choose any of the prayer opportunities below, or you can attend Adoration of the Blessed Sacrament anytime throughout the day for quiet prayer time. Here are prayer opportunities:

- 6:00 a.m. Recitation of the Holy Rosary
- 6:30 a.m. First Friday Mass
- 7:00 a.m. Adoration of the Blessed Sacrament
- 8:00 a.m. First Friday Mass
- 12:00 noon Confessions from 12:00 - 12:30 p.m.
- 3:00 p.m. Recitation of the Divine Mercy Chaplet
- 5:15 pm Benediction



It is of particular importance to begin, or renew, devotion to the Sacred Heart of Jesus in the spirit of reparation of St. Margaret Mary Alacoque. The practice of the nine First Fridays is a particularly powerful way to do this. Jesus gave this devotion as a way of offering reparation to Him and consoling His Sacred Heart. Reparation is the way a person makes amends for a wrong done. Take full advantage of the means that are given by showing love for Jesus and His Sacred Heart. For more information, go to www.simplycatholic.com/how-to-observe-first-fridays-and-firstsaturdays/.

Feast of Our Lady of Guadalupe



In celebration of the feast day of Our Lady of Guadalupe, the St. Vincent Parish family is invited to attend the 3:00 p.m. Mass next **Sunday, December 8, 2024**. After Mass, a fiesta will take place in the parish center. A sign up sheet is on the bulletin board in the gathering area. If you are able, please bring a dessert and soda. All are welcome!

• Upcoming Events •

Breakfast on the River
Sunday, December 1, 2024
8:00 a.m. - 12:00 noon
KC Council 1111

318 S Spanish, Cape Girardeau
Scrambled eggs, sausage, biscuits and gravy, pancakes, potatoes, fruit salad, coffee, milk, homemade cinnamon rolls
 Donations accepted

25th Annual
Winter Wonderland
Treasure Sale
Saturday, December 7, 2024
8:00 a.m. - 2:00 p.m.
St. Denis Parish Center
 Benton, Missouri

Crafts and Gift Items
Homemade chicken noodle soup, chili, cinnamon rolls, desserts, etc.
 Admission: donation of non perishable food item
Proceeds benefit St. Denis School

Breakfast and Bake Sale
Sunday, December 8, 2024
7:30 - 11:30 a.m.
St. Joseph Parish Hall
 Apple Creek, Missouri
Sausage, scrambled eggs, potatoes, biscuits and gravy, homemade coffee cake, fruit, beverage
 Adults \$10, Children 5-12 \$5,
 Under 5 Free

Feast of the Immaculate Conception

Holy Day of Obligation

Mass Schedule

Monday, December 9, 2024

6:30 a.m. • 8:00 am. • 12:10 p.m. • 6:00 p.m.



The money collected during the Masses on the Feast of the Immaculate Conception will benefit the LifeHouse Crisis Maternity Home of Southeast Missouri, a housing program for pregnant women which also provides healthcare and social services.

Join us as we celebrate the 40th Episcopal Anniversary of

BISHOP EMERITUS JOHN J. LEIBRECHT

Thursday, December 12, 2024
 St. Mary of the Annunciation Cathedral, 615 William St.
 Cape Girardeau, Missouri 63703 | Mass at 7:00 p.m.

Baptismal Prep

Parents and godparents are required to attend a baptismal preparation class before a child is baptized in the Catholic faith. The next class is scheduled for **Sunday, December 15, at 4:30 p.m.** and will be held in the upper meeting room of Church. An additional class will be held on December 15. Contact the parish office to register and complete a baptismal registration form.

??? GUESS WHO ???

Question: Which priest likes classical music and celebrated the anniversary of his ordination on November 27?

Answer: Father John Braun likes classical music and celebrated the anniversary of his ordination on November 27. *Congratulations, Father John!*

St. Vincent de Paul School is currently seeking a **full-time custodian** for the current school year. Hours are 11:00 a.m. - 7:00 p.m. Monday - Friday. Applicant must complete Virtus training and a background check. For an application or more info, please contact St. Vincent de Paul Parish office at 573-335-7667.

Church Year Cycle C lector workbooks may be picked up in the sacristy after Masses or at the parish office between 8:00 a.m. and 4:30 p.m. Monday - Friday.

Maxine's Shareable Wearables

Cold weather is here, and the supplies of many items at Maxine's Shareable Wearables are already depleted. Maxine's is currently in need of

- Adult and children's casual-style heavy winter coats
- Men's and ladies' winter gloves
- Men's sweatpants
- Men's tall-size jeans and khakis (waist sizes 30 thru 38; length at least 32")
- Children's long-sleeve tops, all sizes

Donations can be dropped off at Maxine's (basement of old convent) any Thursday from 9:00 - 11:00 a.m. or Saturday morning from 9:00 a.m. - 12:00 noon. Please do not leave items outside the door. Maxine's will be closed for Christmas on December 21 and December 26.

Due to many new Hispanic families visiting Maxine's, volunteers that can speak Spanish would be greatly appreciated. Call the parish office for more info. Thank you!



All youth going into 5th-9th grade during the 2025-2026 school year are invited to register for a week of fun and faith-filled activities at the diocesan summer camp, Camp Re-New-All.

Online registration opens at 3:30 p.m. on Wednesday, December 11, 2024. Some age groups fill quickly so early registration is recommended to secure your desired date. You may register at https://dioscg.formstack.com/forms/camp_re_new_all.

Information can be found on the bulletin board in the gathering area. You may also download the Camp brochure for more info (<https://dioscg.org/wp-content/uploads/2025-Camp-Brochure.pdf>).

▶ Sign Up for FORMED

1. Go to FORMED org/signup and
2. Enter your parish zip code (63701) or name to select your parish (St. Vincent de Paul).
3. Enter your name and email.

Christmas Mass Schedule

Christmas Eve - Tuesday, December 24

**Christmas Vigil Mass
4:00 p.m. • 6:00 p.m.**

**Midnight Mass
11:00 p.m.**

Christmas Day - Wednesday, December 25

9:00 a.m. • 11:00 a.m. (Bilingual)

On Christmas, all parishes of the Diocese of Springfield-Cape Girardeau will conduct a second collection to help fund the education of seminarians and help to meet the needs of retired priests. This is an opportunity to show gratitude for those who have and those who will serve the diocese. You are asked to use Faith Direct or the envelope in your envelope packet.

Mary, Mother of God Mass Schedule

**New Year's Eve, Tuesday, December 31
5:00 p.m.**

**New Year's Day, Wednesday, January 1
8:00 a.m. • 10:00 a.m.**

The second collection taken up at Masses on Mary, Mother of God will benefit Care Portal, a platform bringing the needs of children and families in crisis to the attention of local churches and their parishioners.

EXTEND MERCY TOWARDS OTHERS, SO THAT THERE CAN BE
NO ONE IN NEED WHOM YOU MEET WITHOUT HELPING.
ST. VINCENT DE PAUL

Welcome to St. Vincent de Paul

If you would like to register for the parish, change your address, or simply have questions, please fill out the form and place it in the collection basket. You may also mail it to the parish office at 1913 Ritter Drive, Cape Girardeau, MO 63701. Please feel free to contact parish office staff anytime during regular office hours, Monday - Friday, 8:00 a.m. - 4:30 p.m. You may email the parish office at contactus@svparish or call 335-7667. A parish registration form is available at <http://www.svcape.com/Parish/>.

Name _____

Street Address _____

City/State/Zip _____

Phone _____ Email _____

- I am new to Cape Girardeau. I am new to St. Vincent de Paul Parish.
- I have been attending St. Vincent Parish and would like to register as a member.
- Please change my address to the one shown above.
- I would like to sign up for Faith Direct.
- I would like to learn more about the Catholic faith.
- I would like to register my child/children for Parish School of Religion.

Prepare the Way

Healing Words

Monday, December 2

The centurion who approaches Jesus as he enters Capernaum expresses faith in the restorative power of Jesus' word: "Only say the word and my servant will be healed." Recognizing our unworthiness, we pray similar words during the Liturgy of the Eucharist. This week, consider how you might be like the centurion and faithfully ask for healing. Allow the Lord's words to provide comfort and flow over you so that you can go rejoicing. *Today's readings: Isaiah 2:1-5; Psalm 122:1-2, 3-4b, 4cd-5, 6-7, 8-9; Matthew 8:5-11.*

St. Francis Xavier

Tuesday, December 3

St. Francis Xavier was a cofounder of the Society of Jesus, also known as the Jesuit order. As the first Jesuit missionary, he spent much time traveling and living in foreign places to evangelize. His ministry required his learning new languages, being flexible with movement, and living in different cultures. Ask for St. Francis Xavier's intercession as you consider how you might challenge yourself to leave your comfort zone to preach the Good News. *Today's readings: Isaiah 11:1-10; Psalm 72:1-2, 7-8, 12-13, 17; Luke 10:21-24.*

Abundance

Wednesday, December 4

Today's Scriptures portray God's bountiful love for his people. First, the reading from Isaiah proclaims that the Lord "will provide for all peoples." Then Matthew's Gospel recounts how Jesus fed the crowd who had been with him for days with "nothing to eat." After Jesus gave thanks and broke the bread, thousands were offered food — and still there were leftovers! Reflect on the blessings in your life. Say a prayer in gratitude for the abundance — whatever that may be—with which the Lord has blessed you. *Today's readings: Isaiah 25:6-10a; Psalm 23:1-3a, 3b-4, 5, 6; Matthew 15:29-37.*

Sturdy Ground

Thursday, December 5

The Gospel reading portrays the importance of both listening intently and intentionally responding to the Lord. Consider ways to listen and respond to God throughout the rest of this season. How can you "be like a wise man who built his house on rock"? What are some tangible ways in which you are being encouraged to act so that your faith stands on sturdy ground? *Today's readings: Isaiah 26:1-6; Psalm 118:1 and 8-9, 19-21, 25-27a; Matthew 7:21, 24-27.*

St. Nicholas

Friday, December 6

It is easy to become consumed with shopping for gifts and preparing for many holiday parties as Christmas approaches, ultimately pushing aside our dedication to God. When losing focus on what matters, allow to echo within you today's psalm refrain: "The Lord is my light and my salvation." Recognizing this transformational prayer, celebrate the optional Memorial of St. Nicholas today with the gift of an act of service for someone. *Today's readings: Isaiah 29:17-24; Psalm 27:1, 4, 13-14; Matthew 9:27-31.*

An Abundant Harvest

Saturday, December 7

That Jesus' heart was moved with pity for the troubled and abandoned can comfort us today. Matthew's Gospel portrays Jesus' ministering to those who seemed like "sheep without a shepherd" and delegating his disciples to do the same. The reading from Isaiah shows that the Lord gives what is needed, answering his people "as soon as he hears" their cries. Let us find peace knowing that God is with us as we receive and, in turn, as we give. *Today's readings: Isaiah 30:19-21, 23-26; Psalm 147:1-2, 3-4, 5-6; Matthew 9:35-10:1, 5a, 6-8*

Sunday, December 1

Vigilance Requires Intentional Action

Today's readings: Jeremiah 33:14-16; Psalm 25:4-5, 8-9, 10, 14 (1b); 1 Thessalonians 3:12-4:2; Luke 21:25-28, 34-36.

In the first reading, Jeremiah recalls the promise the Lord made to the Israelites regarding safety and security. Through his prophecy of restoration, Jeremiah calls the Israelites back to the Lord. Hearing this prophecy reminds us that comfort in the Lord is near!

At the beginning of the liturgical year, Advent encourages Christians to focus on keeping the Lord's "covenant and his decrees," as the psalm states. Much like the Israelites, we need to pray for prudence to recognize distractions in our daily lives. During this hectic season, we may feel pulled in many directions, often away from God, as it is a time filled with much busyness and movement — or "the anxieties of daily life." Amid these distractions, we are to remember that vigilance requires intentional action. In the Gospel of Luke, Jesus tells his disciples, "Beware that your hearts do not become drowsy." If attention is not paid, a person could be caught by surprise on the day of redemption. Keeping the Lord's covenant and his decrees requires spiritual discipline.

As this season of anticipation begins, the Advent wreath is blessed and lighted. Let us dedicate ourselves to lifting our souls to the Lord as we light a new candle each week.

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