

Sacred Heart of Jesus



The 2022 Season of

ADVENT

Preparing for Christ



***"She will bear a son and you are to name him Jesus,
because he will save his people from their sins."***

Matthew 1:21



CHRISTMAS MASS SCHEDULE

CHRISTMAS EVE
SATURDAY, DECEMBER 24

4:00 P.M.

6:30 P.M.

9:00 P.M.

12:00 A.M.

Midnight Mass

New

CHRISTMAS DAY
SUNDAY, DECEMBER 25

10:00 A.M.



JESUS MAKES THINGS NEW: *PRACTICAL TIPS FOR ADVENT*



The word 'Advent' comes from Latin and means "coming"; its purpose is to look forward to the coming of Christ to earth; it is a season that focuses on waiting. So, Advent means something new is coming. The dawn of a new and better era! **Here are some ways to help you prepare for Advent:**

1. Reflect on the "three comings of the Lord:" the birth of Jesus in Bethlehem; the coming of Jesus into our lives in the present time; and Christ's final coming in glory on the last day. In Advent, we wait and prepare for all three.

2. Read some sort of short, daily devotion. Find a person or two to discuss your meditation. Consider the book, *Messages of Light or Word Among Us*.

3. Get some quiet time. Center yourself on Christ by repeating the prayer, "Come, Lord Jesus" to yourself, slowly as you breathe in and out with your eyes closed. (Consider visiting the Sacred Heart Adoration Chapel...open 24-7)

4. Say NO, it's OK.

5. Listen to Advent music.

6. Decorate. Catholics are sacramental people: smells, bells, stained glass, beautiful music, bread and wine. God can visit through our sensory experiences... so put out a nativity set and some candles and greens.

7. Light an Advent wreath. In your "domestic church," add an Advent wreath tradition which is a simple and lovely way to strengthen that smallest, essential community of faith.

8. If you have young children, add a Christmas book to the bedtime reading list. Add a nativity book for children to your reading list. Remember how vivid and awe-inspiring the nativity story is.

9. Support an organization that works for social justice. As the magi brought whatever they had to give the newborn king, giving gifts to organizations that further the building of the kingdom of God on Earth is one way to celebrate their legacy.

10. Consider the Sacrament of Reconciliation. Advent is all about preparing, there's no better way to prepare than to open your heart and receive the spirit. (Parish Penance Service: December 15 at 7:00 p.m. in MPC)

Prayer

ADVENT IS A TIME TO PREPARE OUR HEARTS

Through prayer, we can enter into God's world and ask Him to prepare our hearts the way He prepared all of history to receive the gift of His Son. Ask the Father to use this time during Advent to clear away the distractions and make your life a place of warmth and openness.

November 27 - December 20

The **Advent Wreath** will be lit before each Mass during Advent with a special wreath blessing the first weekend of Advent.

Weekly Reconciliation

There is no better way to prepare for HIS arrival than with the Sacrament of Reconciliation:

Tuesday: 7 - 8 a.m.	Wednesday: 6 - 7 p.m.	Thurs & Fri: 7 - 8 a.m.	Saturday: 3 - 4 p.m.
-------------------------------	---------------------------------	---------------------------------------	--------------------------------

December 15

Parish Advent Penance Service: Sacred Heart will have a Parish-wide Penance Service on Thursday, December 15 at 7:00 p.m. in the MPC, with multiple priests to hear confessions.

Available Now

Holy Hour in the Adoration Chapel, is such a great way to make room for Jesus! Our chapel is open 24/7. Stop by anytime for a quiet place to pray, or contact adoration@shoj.org to sign up for a consistent weekly hour of prayer.



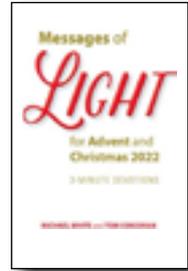
November 12

Messages of Light

for Advent and Christmas

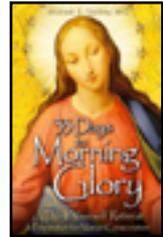
Fr. Pat's gift to YOU! Pick up your copy in the school lobby (or, pick up from Parish office) and check out the book mark with a note from Fr. Pat.

With practical, everyday wisdom, Fr. Michael White and Tom Corcoran—will help you focus on the season of light in the darkest days of winter. You will learn to accept Christ's light in your own life by embracing the truth and peace he offers, sharing his light with others, and preparing yourself to celebrate the great feast of Christmas.



Available Now

Consecration to the Blessed Mother, is a Do-it-Yourself retreat to consecrate oneself to Jesus through Mary and marks the beginning of a glorious new day, a new dawn, a brand new morning in one's spiritual journey. What better time for a consecration than Advent! Start November 29 and consecrate on January 1.



Wednesday, December 8

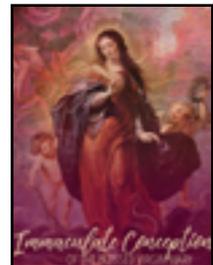
Feast of the Immaculate Conception

Holy Day Mass Times (in the MPC):

December 7 at 7:00 p.m. (Vigil Mass)

December 8 at 6:30 a.m. & 8:15 a.m. (All School Mass)

The Feast of the Immaculate Conception is a Holy Day of Obligation and in this feast, we celebrate Mary's conception free from the stain of Original Sin, and we recognize that Mary's life began at the moment she was conceived in the womb of St. Anne.



Fasting

ADVENT MEANS MAKING ROOM FOR JESUS

Fasting is a form of penance, which at first glance seems out of step in the season of hope. Yet it is the need for and the action of penance that prepares us for the coming of the Savior, who has come to save us from our sins. And He will not save us unless we first repent – acknowledge our sins and our need to be forgiven – and then manifest our repentance through acts of penance: prayer, fasting, and almsgiving.

Fasting, by depriving us of worldly goods, sharpens our efforts at combating sin and acting charitably. We know that fasting and the spirit that comes with it, far from turning Advent into a shorter Lent, help us resist the temptation of reducing Advent into an extended shopping spree. From fasting, we receive the grace to gaze upon the manger instead of ritzy displays, the shepherds instead of models, the Magi instead of Macy's.

This Advent, as we add fasting to our prayer and almsgiving, may we also merit to receive the same reward, found not in a store or catalogue, but away in a manger.

Below are suggestions on ways to fast or abstain during Advent. Choose one or two that you can start to practice right away. May Our Lady, Mother of Good Counsel, encourage us to deny ourselves and say “yes” to the love of God by serving our brothers and sisters with a generous heart! (Lk. 1: 38—Mary's “Yes” to God).

1. Eat less and receive The Most Holy Eucharist more.
2. Control your tongue.
3. Control wandering eyes.
4. Listen to others.
5. Be thankful rather than complain.
6. Smile, even if you don't necessarily want to.
7. Pray, even when you do not feel like it.

Formation Opportunities During Advent

Leading Your Domestic Church Men's Retreat

Thursdays, starting on November 17, 6:30 - 8:00 p.m.

Location: Meeting Room 2

Deacon Nicholas will lead this men's only 6-week retreat series, sharing how St. Joseph is the go-to guide for men to use as they lead their domestic church (family). The study explains that St. Joseph is the "increaser." He has paternal love for you and the power to increase the presence of God in your life and take you to greater heights in the spiritual life! Register at shoj.org.



Women's Advent Study: Peace Has a Name

Tuesdays, starting on November 29, 6:30 - 8:00 p.m.

Location: School Library

Would you like to enter this Christmas season restored and ready? This Advent, you are invited to rest in God's peace, preparing your heart for the Prince of Peace to be born at Christmas time with this Advent devotional. Cost is \$25. This 4-part series includes a brief reflection, prompts for prayer, and a video from a different author of the book each week.

Register at shoj.org.



PRESENCE on Formed.org

Gather a group of friends to study the Real Presence during Advent! This 4-week study from Augustine Institute explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members. It is the crescendo of the story of salvation. Visit www.shoj.formed.org



Almsgiving

MAKING THE
NEEDS OF OTHERS
OUR OWN

December 13

St. Mary's Food Kitchen: Donate food to feed the hungry (sign up link in Friday email) adult volunteers serve meals at Willa Gill Multipurpose Center at 645 Nebraska Ave., Kansas City, KS. Food donations drop off before 8:45 a.m. in school parking lot. For more info reach out to Ryan & Lynsey Hammeke 913-422-8228.

December 23

Feed His Lambs: Sacred Heart supports an ongoing effort which provides meals to families in need. Sacred Heart provides cookies to accompany these meals, every 4th Friday of the month. Visit here for more info and to sign up: <http://bit.ly/feedhislambs>.

Ongoing

Catholic Charities of Northeast Kansas

Catholic Charities of Northeast Kansas serves people of all faiths throughout the 21 counties of Northeast Kansas.

Volunteers are EXTREMELY VITAL to the success of the programs and services they offer to people in need. The best way to learn how you can serve is to send an email to: ccnekvolunteers@catholiccharitiesks.org. Opportunities are available for students, families, and individuals.

Current options available:

Food Pantries
Hope Distribution Center
TurnStyles Thrift Store
Refugee & Immigration Services
Shalom House
Mobile Food Distribution

November 5 - December 4

22nd Annual Angel Tree drive began November 5. Visit this link online: <https://bit.ly/angel-tree2022> and sign up for a gift. Then purchase the gift, wrap it and bring back to Sacred Heart with gift number and description **by December 4**. Over 900 gifts are needed!



For more info contact Carol Coyle at cac_537@yahoo.com or Donna Rohner at dkrohner@gmail.com.

Amazon Smile

Donate as you shop!

AmazonSmile is the same Amazon you know and love. Same products, prices and service. However, when you shop through AmazonSmile, they will donate 0.5% of the price of your eligible purchases to Sacred Heart of Jesus Church!

To participate, simply click this link:

<https://smile.amazon.com/ch/48-0625990> and you're all set!

It's that simple.



December 17

Havesters Service Opportunity

1:30 p.m. - 3:30 p.m.

Join other Sacred Heart parishioners and families at Harvesters Community Food Network. Work will include packing and sorting food at the Harvesters main facility. Volunteers must be 8 years old and up and these hours are eligible for Confirmation. Sign up genius is on our website --at shoj.org.



At Sacred Heart

Light up for Christ, December 6:

A family favorite tradition at Sacred Heart is *Light up for Christ*, on Tuesday, December 6 at 8:00 p.m., following the Holy Day vigil Mass.

Fr. Pat will read a story to the children gathered around the nativity in the Narthex. Toward the end of the story, there is a surprise visitor for all the children to see!



Breakfast with Santa, December 10:

Enjoy a hot breakfast from the Knights of Columbus and get a picture with Santa Claus! Breakfast with Santa is from 8:00 - 11:00 a.m. in the MPC. Sign up at shoj.org.



The 99 Master Class

Materials provided as this group will become the team to facilitate the parish-wide retreat on Saturday, March 25.

Mondays (Starts January 23 – March 20)

8 Sessions

6:30 – 8:30 p.m.

Meeting Room 2

In this workshop, you will learn from a diverse and passionate group of evangelization experts who offer encouragement and advice on how to build stronger community as Catholics. Learn more at www.shoj.org.

SAVE THE DATE! The 99 Experience Retreat

Parish-wide Retreat is on Saturday, March 25, 8:00 a.m. - 4:00 p.m.



At Home

ADVENT IS A TIME FOR DOMESTIC CHURCH

Living Advent as an intentional season of preparing our hearts and homes for Jesus can help bring focus, deeper meaning, and grace to the holidays. Use these Feast days in December as guides to intentionally make time for Christ:



December 6: St. Nicholas Day

- Learn about this 3rd Century bishop at The St. Nicholas Center.
- Have kids put out their shoes the night before. Fill them with candy, fruit, nuts or gifts.



December 8: Feast of the Immaculate Conception

- Review this teaching of our faith and explain it to your kids
- Clean your house together, reflecting on Mary's clean heart ready to receive Jesus.



December 12: Our Lady of Guadalupe

- Learn the story of Mary's apparition to St. Juan Diego in Mexico in the 16th century
- Place an image of Our Lady of Guadalupe in a prominent place for the day.



December 13: St. Lucy

- Learn about St. Lucy and the traditions associated with her feast day.
- Serve sweet rolls for breakfast, purchased or homemade.

from dmdiocese.org (Living Advent)



The Sacred Heart staff wishes you a prayerful Advent season and a blessed Christmas, full of hope, peace and joy!

Daily Advent Prayer

Heavenly Father, give us the grace to know and feel your infinite love for us.

Lord Jesus, open our hearts to prepare for your coming at Christmas and help us to recognize the amazing gift of your life and love.

O Holy Spirit, guide us in all that we do this Advent season, may it always bring us closer to you.

AMEN

Sacred Heart of Jesus

www.shoj.org
913-422-5700