

Saint Mary's Parish

A Welcoming Oasis of Love, Peace, and Outreach

First Sunday of Advent

November 27, 2005



Our Parish Office

32 East Morris Street
Bath, NY 14810
Monday-Friday 8 a.m. - 2 p.m.
Other times by appointment
Office: 607-776-3327
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Our Parish Staff

Deacon Ray Defendorf
Pastoral Administrator
E-mail: RDefendorf@DOR.org

Rev. Frank Erb
Sacramental Minister
Deacon Ed Wight
Parish Deacon

Barbara Bailey
Parish Bookkeeper/Secretary
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Betty Gerych
Choir and Bell Choir

Bill Grimmer
Music and Liturgy
E-mail: Williamgrimmer@hotmail.com

Karen Grimmer
Parish Life/Social Ministry Coord.
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George Hoffman
Custodian

Mary Carol Wall
Youth Ministry and
Religious Education
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Our Parish Council

Jo Slovak
Chairperson
Rosemary States
Vice-Chairperson

Stephanie Czajkowski

Jim Gallagher

Mary McConnell

Sean McKinley

William MacNamara

Kathy Warren

In Residence

Fr. John Wydeven

Catholic Chaplain - Bath VA



Scripture REFLECTIONS

Our Greatest Expectation Is Coming Soon!

Christmas dinner in most homes is planned weeks in advance. Guests are expected; we must be ready for them with a magnificent feast. On that day, a perfect choreography of timing will ensure that everything arrives on the table hot and ready to eat. But what if we had no idea what time our guests would be arriving? Would we still be prepared? How would we greet them when they finally do arrive?

On this first Sunday of Advent, we are given to recall and renew our greatest expectation, the coming of our Lord Jesus Christ. Just as the faithful prepared for the glorious coming of the Messiah, no one knew the hour or even the day, let alone that this coming would be in such a humble place as a stable in Bethlehem. Likewise, Jesus cautions us that not even the angels in heaven know when the Son of God will return. "What I say to you, then, I say to all: Watch!"



As we remember the anticipation of the coming of the Messiah and renew our spirits to prepare for Christ's return, we must know that there is "no surer pledge or clearer sign of this great hope in the new heavens and new earth ... than the Eucharist." (CCC, 1405) We are anxiously awaiting the most glorious of guests, who promises to be with us soon if we only live through his eyes and his heart now. Our meal is prepared, our feast is ready. Are we?

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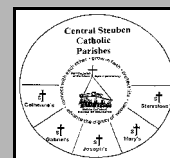


This Sunday marks the beginning of the Advent season. Advent isn't only a time to prepare for Christmas, that is, the First Coming of Jesus. This season is also a time to prepare for the Second Coming of Jesus. Another way of saying this is that we should put into practice the words we hear at Mass and "wait in joyful hope for the coming of our Savior, Jesus Christ." We will more easily be able to live in joyful hope if we live each day prepared for our eventual face-to-face encounter with Jesus. If today was our last day on earth, would we be unprepared and fearful, or would we be joyfully prepared to meet the Lord?

Mass/Reconciliation Schedule

Parish Celebrations of the Lord's Day
Saturday - 4:00 p.m. ✧ Sunday - 9:00 a.m.
Weekday Masses
✧ Tuesday and Thursday - 5:00 p.m.

Scripture/Communion Services
Monday, Wednesday, Friday - 9:00 a.m.
The Sacrament of Reconciliation
1st and 3rd Saturdays at 3:30 p.m.



A member of the
**Central Steuben
Catholic Parishes**
Diocese of Rochester



LITURGICAL CALENDAR

SUNDAY November 27, First Sunday of Advent
9:00 a.m. In Memory , John Luta
By Pat Adamowicz

MONDAY November 28, Advent Weekday
9:00 a.m. Communion Service

TUESDAY November 29, Advent Weekday
5:00 p.m. In Memory, Carmelena Minichello
By Ann Stever

WEDNESDAY November 30, Andrew
9:00 a.m. Communion Service

THURSDAY December 1, Advent Weekday
9:00 a.m. In Memory, Ferd Stenta
By Eva and Jim Russo

FRIDAY December 2, Advent Weekday
9:00 a.m. Communion Service

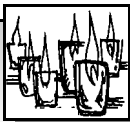
SATURDAY December 3,
4:00 p.m. In Memory, Carmalena Minichello
By Marge Eichensehr

SUNDAY December 4, Second Sunday of Advent
9:00 a.m. In Memory. Stanley B. Czajkowski
by Lance and Maryann Squires

GIFT CARDS

St. Mary's receives 5% of the face value for every TOPS, P&C and KWIK FILL gift card we sell. These cards make great gifts - especially with gas prices so high.

Gift cards are sold after Mass and throughout the week in the Parish Office.



The Sanctuary Light above the Tabernacle is burning for the intentions of Rita Dwyer requested by Betty Langendorfer



Assembly Schedule

Dec. 3-v Sat. 4:00 p.m. - Family Mass Assembly
Dec. 4- Sun. 9:00 a.m. - - Precious Blood II



SAINT MARY'S PARISH

"Where Giving Is An Investment
In Our Faith and Our Future"

Thank you for - Making Parish a Priority!

November 20 , 2005
Sacrificial Gifts totaled: \$2,528.98
Heat Envelope: \$703 - THANK YOU!
Can & Quarter collection: \$ 379.12 X 2 (Match) \$758.24
462 People worshiped God at St. Mary's this weekend.



PARISH LIFE CALENDAR

SUNDAY November 27,
No Coffee Hour
No Religious Education

MONDAY November 28,
6:00 p.m. Bell Choir practice
7:15 p.m. Choir practice
7:00 p.m. Cub Scouts, Room 202
5:30 p.m. Girl Scouts, Room 101

TUESDAY November 29,
6:30 p.m. Boy Scouts, Rooms 202,203

WEDNESDAY November 30,
5:30 p.m. Scrap booking with Lisa Caracci , Room 201
7:30 p.m. Charismatic Prayer Group, DP room

THURSDAY December 1,
7:00 p.m. Cub Scouts, Rooms 202, 203

FRIDAY December 2,
7:00 p.m. NA, Room 101
7:00 p.m. Bingo

SATURDAY December 3,
1:00 p.m. NA, Room 101
3:30 p.m. Reconciliation

SUNDAY December 4,
10:00 a.m. Religious Education K-12
12:00 p.m. Finger Lakes SPCA Auction, O'Malley Hall
7:00 p.m. AA, Room 101



Happy Birthday To

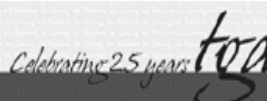
| | | | |
|-------|----------------|-------|-------------------|
| 11/28 | James Rusak | 12/01 | Megan Glass |
| 11/28 | Agnes Harvey | 12/02 | Brittany Hauryski |
| 11/30 | Ann Hochreiter | 12/02 | James McKinley |
| 11/30 | Shirley Shiels | | |



St. Mary's Giving Tree

The Christmas Giving Tree is set-up in the back of church through December 11.

Please take as many tags as you are able from the tree and purchase the requested items of clothing. Wrap your gift and place the tag that you took off the tree onto the package. Thank you for your very generous response.



ANNUAL DIOCESAN MINISTRIES APPEAL

Saint Mary's Diocesan Ministry Appeal Goal **\$27,244**
To Date, 108 Parishioners have pledged **\$12,160**
Needed to Reach our Quota **\$15,084***
* St. Mary's is required to make up the difference should we not reach our quota.
Please return your pledge card this week.



Sent to Serve

Notes from Deacon Ray Defendorf

GRATITUDE

**When I'm worried and I can't sleep
I count my blessings instead of sheep
And I fall asleep counting my blessings.**

Irving Berlin

Last Sunday evening, I had the privilege of offering the homily at the **Annual Ecumenical Thanksgiving Service** which this year was held at **St. Thomas Episcopal Church**.

In preparing my remarks I came across a research study on the **Dimensions and Perspectives of Gratitude** conducted by **Robert A. Emmons** of the University of California, Davis and **Michael E. McCullough** of the University of Miami. Here's a sample of what Emmons and McCullough's study uncovered.

- In an experimental comparison, those who kept gratitude journals on a *weekly* basis, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events.
- A related benefit was observed in the realm of personal goal attainment: Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based).
- A *daily* gratitude intervention (self-guided exercises) with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy compared to a focus on hassles or a downward social comparison (ways in which participants thought they were better off than others). There was no difference in levels of unpleasant emotions reported in the three groups.
- Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles or social comparison condition.
- In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep duration and sleep quality, relative to a control group.

Emmons and McCullough's research concluded that . . .

People who regularly attend religious services and engage in religious activities such as prayer or religious reading are more likely to be grateful.

Grateful people are more likely to acknowledge a belief in the interconnectedness of all life and a commitment to and responsibility to others.

Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress - even when acutely aware of life's challenges.

Grateful People have the capacity to be empathic and to take the perspective of others. They are rated as more generous and more helpful by people in their social networks.

Grateful individuals place less importance on material goods; they are less likely to judge their own and others success in terms of possessions; they are less envious of wealthy persons; and are more likely to share their possessions with others.

Fascinating isn't it?

- the impact that gratefulness has on people
- and the influence that grateful people have on our world.

No wonder that the theme of gratitude is so common in scripture and in our Catholic/Christian heritage. Eucharist means Thanksgiving; and this communal act of praise and gratitude is the central rite of our Christian tradition. As we begin this Advent Season - we do so with grateful hearts.

FAMILY MASS NEXT SATURDAY AT 4 P.M.

Please remember that next Saturday's Mass will be a **FAMILY MASS** followed by a dish to pass supper in O'Malley Hall. Children will bake the altar bread which will be consecrated and distributed at this Mass as well as serve many of the liturgical roles. We welcome this opportunity to share with our children and their families another memorable Catholic tradition.

CHILDREN'S LITURGY OF THE WORD

This weekend we begin another important faith experience for our youngest parishioners—the Children's Liturgy of the Word. Early elementary age children will be dismissed to the new Children's Chapel following the opening prayer—to hear God's Word proclaimed and to discuss its impact on their lives. They will return in time to join us for the Liturgy of the Eucharist.

Have a good week. Serve one another well!