



# Immaculate Heart of Mary Catholic Church

Mailing Address: P. O. Box 100 \* New Melle, MO 63365

Website: [www.ihm-newmelle.org](http://www.ihm-newmelle.org)

Deliveries only address: 8 West Highway D, New Melle, MO 63365

Parish Office: 636-398-5270 Fax: 636-398-5577

## Schedule of Holy Mass

Saturday: 8:00am  
4:00pm Vigil Mass for Sunday  
Sunday: 7:30am, 9:30am  
Weekdays: 8:00am, St. Joseph Chapel

## Weekly Devotions and Prayers

### Eucharistic Adoration:

Monday 8:30am until Friday, 11:30am

### Rosary:

Following 8am Mass Monday thru Friday

### Perpetual Help Devotions:

Tuesdays following 8am Mass

### Respect Life Prayers:

Thursday following 8am Mass

### Chaplet of Divine Mercy and Benediction:

Friday at 11:30am

### First Saturday of the Month Devotions

8am Mass, Rosary, 15 minutes of meditation

## Sacraments

### Reconciliation:

Wednesday in church, 7pm  
Saturday following 8am Mass

### Marriage:

Contact the parish office  
at least six months prior to the wedding

### Baptism:

Contact the parish office  
to register for class and to arrange date

### Rite of Christian Initiation of Adults:

Contact Shawn Mueller in the parish office

## Third Sunday of Advent December 17, 2017



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## Prepare the Way of the Lord

Saint Paul seems to be throwing out a handful of sayings that may sound overly optimistic, but are actually very practical. "Rejoice always? Who can do that?" It sounds absurd, but the next two lines give it context: If we pray constantly and thank God for all that happens to us, we have reason to rejoice. Whatever happens is the will of God for us. Even the bad things, things we don't like, can be allowed by God, so that God can bring good out of them. God allows sin because it leads to forgiveness, an experience of God's love for us. And God allows even death, because God can bring us to eternal life.

The next two sayings may be a little obscure. When Paul tells us not to quench the Spirit, he means we should be open to what the Holy Spirit moves us to do. "Prophetic utterances" refer to things that other people were inspired to proclaim. If we pray constantly (1 Thessalonians 5:17) we won't be so distracted by the things of this world that we cannot hear the promptings of the Holy Spirit in us. We won't be so critical of others that we miss what the Spirit is telling us through them.

How do we know if something really is from the Spirit? The next

phrase helps with that: Test everything. Retain what is good (1 Thessalonians 5:21). Use the scriptures, the teachings of the Church, and your conscience to decide whether the Spirit is moving you, or if advice you hear is worthwhile. And most of all trust God to help with all this because God wants us to be holy. God will make us holy if we only allow it. Then we will be ready for the coming of the Lord, whether through the sacraments, the celebration of Christmas, or God's final coming in glory. I'd say that's a reason to rejoice.

Tom Schmidt, Copyright © J. S. Paluch Co.

### Parish Staff

Fr. Tom Miller, Pastor: [askpadre@aol.com](mailto:askpadre@aol.com)  
 Cell phone for emergencies only: 314-303-2428  
 Deacon Chris Ast: [chrisast@archstl.org](mailto:chrisast@archstl.org)  
 Deacon Tony Falbo: [tony.2011@centurylink.net](mailto:tony.2011@centurylink.net)  
 Shawn Mueller, Director of Religious Education: [smueller@ihm-newmelle.org](mailto:smueller@ihm-newmelle.org)  
 Laura Orf, Business Manager: [lorf@ihm-newmelle.org](mailto:lorf@ihm-newmelle.org)  
 Peggy Dupree, Secretary: [secretary@ihm-newmelle.org](mailto:secretary@ihm-newmelle.org)  
 Submit bulletin articles by Monday 9am to [bulletin@ihm-newmelle.org](mailto:bulletin@ihm-newmelle.org)  
 Marilyn O'Neill, Music Director: [m.oneill@ihm-newmelle.org](mailto:m.oneill@ihm-newmelle.org)  
 Janet Hespen, Youth Ministry: [janethspn@outlook.com](mailto:janethspn@outlook.com)  
 Karen Wappelhorst, Child Safety Coordinator: [childsafety@ihm-newmelle.org](mailto:childsafety@ihm-newmelle.org)

### Weddings, Receptions, Events

Hall Rental Information:	Pat Gentry	636-398-5270
Wedding Coordinators:	Pat Gentry	636-398-4358
	Kelly Meyer	636-828-4994
Event Coordinators:	Joan Marren-Slaughter	636-398-5270
	Mary Keune	636-398-5270

### Religious Education

(Please contact Shawn Mueller,  
 Director of Religious Education  
 for more information)

#### Parish School of Religion

(Grades 1 through 8)  
 September through May  
 Wednesdays from 6:00—7:30pm

#### Confirmation Preparation

(8th Grade)  
 September through May  
 Wednesdays from 6:00—7:30pm

#### Children's Liturgy of the Word

September through May  
 During the 9:30am Sunday Mass

#### Adult Education

Wednesdays at 8:45 and 6:10pm

## Quick Contacts Directory

### Prayer and Devotion

Eucharistic Adoration	
Shawn Mueller	636-398-5270
Legion of Mary	
Maria Romine-Kantor	314-614-0857
Prayer Chain	
Mary Jean Hartenbach	636-398-4677
Prayer Intercession/Jonah Team	
Debbie Gillespie	636-398-4971
Prayer Shawl Ministry	
Julia Kettler	636-616-0096

### Liturgical Ministries

Extraordinary Ministers	
Irene Caldwell	636-398-4311
Gift Bearers	
Peggy Dupree	636-398-5270
Lectors	
Suzanne Michaelree	636-443-3817
Ushers	
Ed Rabbitt	636-332-5344
Altar Society	
Pam DeBold	636-482-4765
Music Ministry	
Marilyn O'Neill	314-341-2622
Contemporary Music Group	
Debbie Gillespie	636-398-4971

### Education

High School Youth Leader	
Janet Hespen	314-369-6521
RCIA, PSR, Children's Liturgy of the Word	
Shawn Mueller	636-398-5270
Young Adults	
Julie Lassiter	636-357-0121

### Parish Organizations

Art & Environment	
Mary Karll	636-433-5049
Budget & Finance	
Larry Graves	314-799-9804
Cemetery Committee	
Mark Keune	314-220-7075
Dinner Committee	
Jeff Comotto	636-798-2369
Golden Hearts	
Jackie Hackett	636-398-5605
Knights of Columbus	
Gary Potter	636-228-4755
Marian Council	
Michelle Brothers	314-614-1114
Meals on Wheels	
Jean Bammann	636-798-2718
Outreach	
Steve Farber	<a href="mailto:sfarber@farbermarketing.com">sfarber@farbermarketing.com</a>
Pro Life	
Bill Winters	636-828-4133
Quilters	
Mary Ann Brakensiek	636-828-5776
Ruth Willis	636-398-4597
Scouting	
Jerry Hespen	636-236-1955
Cub Scouts: Wesley Brandhorst	636-327-0531
Boy Scouts: Chad Peters	314-807-7177
Venture Crew: Steve Williams	314-486-4023
St. Vincent de Paul	
Teresa Waddington	314-440-7475
Welcoming Committee	
Teresa Berfanger	636-398-5565

## A Prayer for Peace



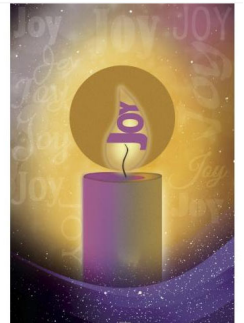
Oh Lord, sometimes my insides feel like a battle zone, where missiles are falling too close to home. Other times I'm caught in an endless storm, with thoughts flying out of control. Confusion reigns, and defeat creeps in to steal my joy. I need your peace—the deep-down-in-your-heart kind that stays with me day and night and speaks confidently into the wind. Calm my anxious spirit, Lord; all the attacking “if-onlys” and “what-ifs” fill me with needless worry.

I know that trust is a big part of experiencing peace and that fear has no place in my life. Most of the things I worry about or dread don't even happen. So I'm declaring my trust in You. I'm releasing the reins of my life again and asking You to take control. I may need to pray this same prayer daily, but I'm tired of the frenzy of life that leaves my schedule and my thoughts without any margin. I need more of You, Lord, and less of me.

I surrender and admit: I can't control people, plans, or even all my circumstances, but I can

yield those things to You, and focus on Your goodness. Thank You today for every good gift You've given, every blessing You've sent, all the forgiveness I did not deserve, and, yes, for every trial You've allowed into my life. You bring good out of every circumstance if I'll only let go and believe You. I know that when I pray and give thanks instead of worrying, You have promised that I can experience the kind of peace that passes all understanding. That's Your kind of peace, Lord. And it's the kind I crave.

Whenever I'm stressed, anxious, or afraid, help me remember to run to You. You're the only one that can calm my fears and end my fretful behavior. Whether in trivial, or heavy matters, I know You will not only give me peace; Lord, You will be my peace. And when I draw close to You—in prayer, in reading Your Word, in helping another, in taking my mind off myself—You will be there, up close and personal. Amen.



Reconciliation Times: Monday, Tuesday, Wednesday at 7pm, Saturday at 8:45am

## Third Sunday of Advent

*God sent...a man named John, who came to tell the people about the light, so that all should hear the message and believe.*

JOHN 1:6-7

W. C. Fields was a great film comedian. A story, probably apocryphal, says that near the end of his life he spent a lot of time reading the Bible. Someone asked him about this, and Fields replied, "I'm looking for any loopholes I can find." The implication was that Fields knew that he had not lived his life in full accord with Jesus' teaching. Now he was looking for a way to excuse himself for this failure when he appeared before God. If I died and appeared before God tonight, what excuse would I give for not having lived in fuller accord with Jesus' teaching?

"If Christ were standing before me now, what would I feel, not about him, but about myself?" SAINT AUGUSTINE  
(slightly adapted) Mark Link, S.J. *Mission*

## *Next Week Ministry Schedule*

**December 23**

**4:00pm**

EM: Karen Wilson, Bernadine Pollihan, Pat Barnard,  
Jennifer Fredrick, Wally & Jan Karase, Judy Cova,  
Wilma Zurweller

Lec: Larry Graves, Jan Jokisch-Messig

GB: Stafford Family

Serv: Brody & Ashlyn Stafford

Ush: Stan Nikonowicz, Bryan Potter, Dave Hendrix,  
Tim Wilson

**December 24**

**7:30am**

EM: Peggy Dupree, Emily Cooksey, Dianne Dickherber,  
Kris Jenkins, Jan Kardasz, Betty Tuepker

Lec: Mary Hardesty, Karen Wappelhorst

GB: Rich & Jolene Molitor

Serv: Andy, Daniel, David Vehige

Ush: Mike Hardesty, Walt Reel, Mike Stassi, vol. pls.

**9:30am**

EM: Dave & Pam DeBold, Kat Menne, Janet Hespen,  
Don & Susan Hladky, Clara Haas,  
Maureen Blondin

Lec: Nancy Hollenstein, Joe Willis

GB: Larry & Amy Molitor Family

Serv: Lindsey & Madelyn Bouquet, Ellen Aulbach

Ush: Curt Eccardt, Terry Schneider, Alan Raymond,  
Gary Struckhoff, Chris & Adam Molitor

## *This Week at Home*

**Sunday, December 17**

Anointings after Masses

Youth Min, Weber Hall, 10:30—2pm

**Reconciliation:**

**Mon/Tue/Wed beginning at 7pm**

**Monday, December 18**

Boy Scouts, Trailer, 6pm

Cub Scouts, Founders Hall, 6:30pm

Bell Choir, Church, 7pm

Baptism preparation, Weber Hall, 7pm

**Tuesday, December 19**

Exercise, Grand Hall foyer, 9am

Contemporary Choir, church, 5:30pm

Youth Group Christmas gathering, Weber Hall, 5:30p

Children's Choir, church, 7pm

Men's Christmas Party, Grand Hall, 6:30pm

**Wednesday, December 20**

Catholicism, Weber Hall, 6:30am

Sunday readings study, Weber Hall, 8:45am

PSR, Weber Hall/Founders Hall/Trailer, 6pm

**Thursday, December 21**

RCIA, Weber Hall, 6:30pm

Choir, church, 7pm

**Friday, December 22**

Quilting, Weber Hall, 8:30—noon

**Saturday, December 23**

Reconciliation following 8am Mass

Contemporary Choir sings at 4pm



## *Advent Schedule*

**Reconciliation:**

Monday/Tuesday/Wednesday, 7-8:30pm

Saturday after morning Mass, 8:45am

**Christmas Parties:**

Knights of Columbus, Dec, 19, 6:30pm, Grand Hall

Youth Group, December 19, 5:30pm, Weber Hall

**Anointing of the Sick**

After Masses on December 16/17



## *Christmas Masses*

**December 24 at 4pm**

**Midnight Mass (carols begin at 11:30pm)**

**December 25 at 10am**

**Join the Holy Father's prayer intentions  
for December: For the Elderly**

That the elderly, sustained by families and Christian communities, may apply their wisdom and experience to spreading the faith and forming the new generation.



## *Christmas Dinner for the Men of the Parish*

**Tuesday, December 19: Grand Hall**

**Doors open at 6:30pm,**

**Dinner served at 7:30pm**

Open to all men of the parish.

**RSVP by signing up in the Narthex**

## *Next IHM BLOOD DRIVE*

**Thursday, January 4**

**2:30—6:30pm**

To schedule an appointment, call the Blood Center  
at 866-448-3253 or [www.bloodcenterIMPACT.org](http://www.bloodcenterIMPACT.org)

*Please eat and hydrate well before donating.*

*Mass Intentions for the Week*

<b>Monday, December 18</b>	
8:00am	Intentions of Roger & Vickie Brink Bob Keymer +
<b>Tuesday, December 19</b>	
8:00am	Terry Daub + living/deceased Wilbert Orf Family
<b>Wednesday, December 20</b>	
8:00am	Roy Miller + Kim Kristiansen +
<b>Thursday, December 21</b>	
8:00am	Jack Hitt + Frank Cherry +
<b>Friday, December 22</b>	
8:00am	Gene Gehrin + Frank Young +
<b>Saturday, December 23</b>	
8:00am	Jim Blondin + Bart Natoli +
4:00pm	People of the Parish Steve & Angela Bennett +
<b>Sunday, December 24</b>	
7:30am	Esther Plafcan + Intention of Nathan Fry
9:30am	Rita Barta + Jack Tersteeg +

*Please pray for all the sick and suffering, including*

Tom Holstein

**Hospitalization:** If you are hospitalized, please let us know. Please call the office or ask a friend to call for you if necessary.

**Communion Calls:** If you are unable to get to Mass because of illness or disability but would like to receive Communion, please contact the parish office: 636-398-5270.

**Prayer Chain:** We have a very active group of parishioners who pray for all those who have requested prayers, so your intentions are being remembered to God thru the **Prayer Chain**. If you have a prayer intention, or would like to join them in praying for others' intentions, please call Mary Jean Hartenbach at 636-398-4677 or email mjhartench@gmail.com.

*Contributions: December 9/10*

General Offertory:	\$12,840.258
Online—General Offertory:	<u>\$2,935.00</u>
<b>Total Offertory:</b>	<b>\$15,775.28</b>

*"Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*  
1 THESSALONIANS 5: 16-18

This scripture reading sums up Stewardship. "Rejoice always" means place your trust in God; He will provide all that you need. "Pray constantly" means prayer should be a running conversation with God throughout the whole day, every day. "Give thanks in all circumstances" means even in bad situations, thank God. Suffering a little bit helps build empathy for others in similar circumstances.

*We pray that we realize suffering is a gift and helps us build empathy for others.*



*Heavenly Duster*

Carol Ostermeyer

*Purificators*

June Spiess

*Needed at the Pantry:*

*coffee, sugar, vegetable oil, canned fruit,  
canned chicken, paper goods, personal items,  
cleaning items*

In today's Gospel John the Baptist says, "I am the voice of one crying in the desert; make straight the way of the Lord." Let us ask for the grace to help others to know the love of the Lord.

**Christmas is a time of love and gift-giving . . . please give to the Society of St. Vincent de Paul so that those who do not have clothes and food can share in the blessings of Christmas.**



*Rest in Peace*



We offer our prayerful sympathy to the family of  
**Mary Ann Rhodes**  
sister to Rich and Bill Molitor, Flo Joerling and Loretta Bruns;  
—to Carol Rabbitt on the death of her husband  
**Ed Rabbitt**  
—to Betty Enderle on the death of her son  
**Bob Enderle**  
brother of Kay Cherry  
—and to the family of  
**Shirley McDonald**  
May they rest in the eternal peace of Christ.

## IHM Youth Ministry

### COME ON TEENS, JOIN THE FUN!

Upcoming dates:

- \* Sunday, December 17: 10:30am to 3pm our IHM youth group will provide babysitting service for IHM parents.
- \* Tuesday, December 19: 5:30pm to 7pm Youth Group Christmas gathering (bring your favorite cookies), then over to the men's Knights of Columbus Christmas Party to help with cleanup from 7-8:30pm.
- \*\* January 17-21: Still openings for teens to go on the Pro Life Trip!

### Youth Group Change for Miles

Our Youth Group will be traveling to Washington DC to represent our parish at the Pro Life March in January. If you are able to help us on this journey, we are asking for your change so that we can all help make a change "for life." In the back of church there is a large glass jug marked "Change for Miles" for you to drop your donation in. Thank you to our wonderful parish family for your help!



Marian Council is selling See's Candy as a fundraiser: \$20 per pound for Milk Chocolate, Dark Chocolate, Assorted Chocolate, Nuts & Chews, Toffee-ettes or 1½ lb. peanut brittle.

Christmas-wrapped 4 oz. boxes are now \$5. It's great for hostess gifts, Christmas and corporate gifts. Contact Jackie 314-761-6127 or Michelle 314-614-1114 to place your order. Proceeds benefit local families, charities and the parish.

### Calling all Hunters:

Please consider donating a deer to **Share The Harvest/Operation Food Search**. Please bring your field-dressed deer to Dan's Country Meats, letting them know you are donating it to "Share the Harvest" program. There is *no charge* for processing the deer. The meat will then be distributed to local food pantries—ours included—to help feed the hungry in our area.



### What's your Catholic Catechism IQ?

It is the 25<sup>th</sup> anniversary of the publication of the Catechism of the Catholic Church, under (now saint) Pope John Paul II, who wrote, "The Catechism is offered to every individual who asks us to give an account of the hope that is in us (cf. 1 Pet 3:15) and who wants to know what the Catholic Church believes." Every adult Catholic is asked to prayerfully "digest" the Catechism. These questions (which will cover the whole CCC during this year) can help break it down in small bites.



#### GOD ALONE "IS"

1. God is the fullness of being and of every perfection, without origin and without \_\_\_\_.
2. All \_\_\_\_ receive all that they are and have from Him, but God alone "is" His very being.
3. One can abandon oneself in full trust to God's word in all things because God is \_\_\_\_ himself, whose words cannot deceive.
4. God's single motive for His revelation to Israel among all peoples was His sheer gratuitous \_\_\_\_.
5. St. John reveals the astounding truth that God's very being is \_\_\_\_ (1 John 4: 8,16)

#### THE FATHER

6. By sending His only Son and the Spirit of love in the fullness of time, God has revealed His innermost \_\_\_\_.
7. God Himself is an eternal exchange of love, Father, Son and Holy Spirit, and He has destined \_\_\_\_ to share in that exchange.
8. Christians are baptized in the name of the Father and of the Son and of the Holy Spirit: not in their \_\_\_\_.
9. The mystery of the Trinity could never be known unless \_\_\_\_ by God.
10. God has left traces of His Trinitarian being in His work of \_\_\_\_ and in His revelation throughout the Old Testament.

### Readings for the Week

- Mon: Jer 23:5-8; Ps 72:1-2, 12-13, 18-19; Mt 1:18-25  
Tue: Jgs 13:2-7, 24-25a; Ps 71:3-4a, 5-6ab, 16-17; Lk 1:5-25  
Wed: Is 7:10-14; Ps 24:1-4ab, 5-6; Lk 1:26-38  
Thu: Sg 2:8-14 or Zep 3:14-18a; Ps 33:2-3, 11-12, 20-21; Lk 1:39-45  
Fri: 1 Sm 1:24-28; 1 Sm 2:1, 4-8abcd; Lk 1:46-56  
Sat: Mal 3:1-4, 23-24; Ps 25:4-5ab, 8-10, 14; Lk 1:57-66  
Sun: 2 Sm 7:1-5, 8b-12, 14a, 16; Ps 89:2-5, 27, 29; Rom 16:25-27; Lk 1:26-38

## PSR corner

### What is an Advent Calendar?

We recently spoke of the Jesse Tree and the Advent Wreath. Now we ask, "What is an Advent Calendar? An Advent calendar is a special calendar which is used to count or celebrate the days of Advent in anticipation of Christmas. Some calendars are strictly religious, whereas others are secular in content. Today, most advent calendars are made for children. Many take the form of a large rectangular card with many "windows," one of which is opened every day during Advent. In less elaborate calendars, each window opens to reveal an image, a poem, or part of a story such as the Nativity story itself. More elaborate Advent calendars have a small gift concealed in each window, such as a toy or a chocolate item.



### Get Weekly Parish News Early!

The next time you go to the parish website [www.ihm-newmelle.org](http://www.ihm-newmelle.org)

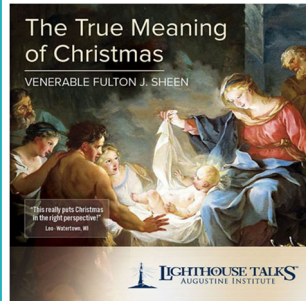
sign up for our newsletter by completing the spaces at the bottom of the home page. Once you sign up, every Friday you'll receive an email from IHM with news pulled from the upcoming Sunday bulletin, even before you see it in church. The parish news will come directly to your inbox!

To download the mobile app, visit the website and click the download button for either Apple or android. For those who might already have the Apple app, please delete and re-download it, as a newer version has been released.

### St. Paul Library / Lighthouse CD Resources

*Note: With close to 3000 items, the **Parish Library** is located in the **Grand Hall** past the restrooms. It is open during the week-normal business hours-and works on an honor system. Items from the **Lighthouse CD rack** are located and available in the **Narthex**.*

#### From the Lighthouse Catholic CD – Pamphlet Rack

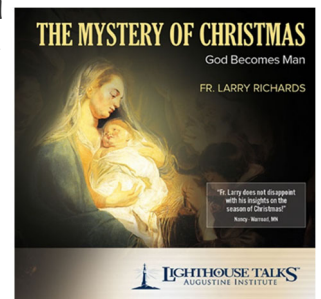


Archbishop Fulton J. Sheen's books, tapes, homilies, retreats, and television series have inspired countless souls all over the world. This digitally-mastered presentation combines classic recordings of his timeless reflections on the meaning of the Incarnation of Jesus, mixed with Gregorian

Chant and seasonal music. It is sure to become a family favorite!

*I did thoroughly enjoy the relevancy of the presentation. Archbishop Fulton Sheen had a unique way of discussing spiritual matters in a way that entertains and educates at the same time.* Will - Montgomery, OH

In this inspiring talk, renowned preacher and retreat master Fr. Larry Richards illuminates how the true joy of Christmas is found in the greatest gift ever given – the gift of Jesus Christ to the whole world. With humor, compassion, and clarity, Fr. Larry gets to the heart of the true meaning of Christmas and helps us to better appreciate the immensity of God's love for us as His children.



*"Fr. Richards challenged me to enter into the Christmas story with my eyes opened ... not just be celebrating Jesus' birth, but by participating in his life."* Maureen - Spencer, NY

Want to give your spouse a gift that says you truly love them and want to make the most of your marriage? Give your spouse a gift certificate for a **Marriage Encounter Weekend** as a Christmas present! You will never regret these 44 hours of growth. The next Worldwide Marriage Encounter weekends are **February 2-4** and **April 20-22** in St. Peters. Simply click [www.stl-wwme.org](http://www.stl-wwme.org) or call 314-649-7617.

## *The 2017 Season of Advent with Blessed Solanus Casey*

Part 2 of 3. America has a new "Blessed" in the beatification of Solanus Casey. During these weeks of Advent 2017, let's peer into the life of this newly beatified and seek his intercession for our lives and our nation.

from <https://www.ncronline.org/news/people/detroit-caseys-and-capuchins-celebrate-blessed-solanus>

Before the November 18 beatification Mass began, Paula Medina Zarate of Panama carried a wooden reliquary holding relics of the new beatus to a table in front of a large portrait of Solanus. It was Zarate's miraculous healing from a congenital and incurable skin disease in 2012 that was accepted for Casey's beatification in September of 2016.

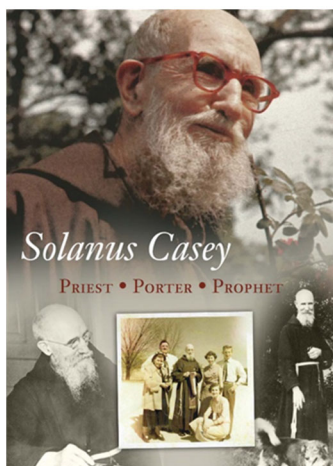
Zarate, 58 when she was healed, was a religion teacher and catechist in Panama. She visited Casey's tomb in Detroit to pray for others but soon sensed that she should also pray for herself. She did and within hours, the scaly skin disease, ichthyosis vulgaris, was gone.

In his homily, Cardinal Amato spoke about the unique humility, selflessness and heroic charity of Casey, who is the second American-born male to be beatified this fall. Fr. Stanley Rother, a missionary martyred in Guatemala in 1981 was beatified in Oklahoma Sept. 23. Casey's "profound faith allowed him to reach out to others as a brother, independently of their race or religion," the Cardinal told the massive congregation.



The testimony of a black Capuchin friar who knew Solanus in the 1950s is "meaningful," Amato said, quoting the friar: "I am the first black member of the Capuchin order in the United States. ... He saw all people as human beings, images of God. ... He did not pay attention to race, color or religious creed."

Visit [www.Formed.org](http://www.Formed.org) to see this extraordinary film which explores the heroic life of a remarkable, modern-day mystic, Father Solanus Casey, who was relegated to doing little more than being a simple doorman in his monastery. But God would transform the role his superiors assigned him, appointing it a far greater significance to be continued even beyond his earthly life: that of prophet, healer, and intercessor.



Known as a wonder-worker and a powerful instrument of divine healing and hope, he touched countless lives. His untiring attention to the sick and poor, combined with his prayers, wise counsel, and burning faith brought an unprecedented outpouring of grief at his death in 1957. More than twenty thousand people attended the funeral of this selfless American-born priest.

As a part of his canonization process, the exhumation of his body in 1987 revealed him to be "remarkably intact, and well preserved," seemingly defying corruption. One eyewitness was astonished to see a tiny glimpse of Fr. Solanus' piercing blue eyes again after being buried for thirty years!

**NAR-ANON SUPPORT GROUP:** Weekly meetings on Saturdays, 10:00 am in the Trailer at IHM.  
This group is for Family and Friends of Addicts. For questions, please call Ann at 314-578-4737



of Wentzville, 10 E. Pitman Ave., is requesting help with their **Christmas Wish List**. Items include: diapers (sizes newborn, #4, #5 and #6), crocheted baby blankets, pacifiers, baby wipes, baby wash, baby shampoo, diaper cream, bibs, socks, newborn through 2T clothing, baby bath linens, teething toys, and more. Call 636-327-8170 for the complete list of needs and giving and exact drop-off details and deadlines. Thanks for considering this request to help moms who have chosen LIFE for their babies!

## Two opportunities coming up to learn more about our faith!



### PILLARS

*Pillar I: The Creed*

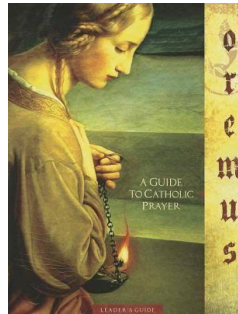
#### Do You Really “Believe?”

You say you “believe” every Sunday as you recite the Creed. But do you know what you’re saying you “believe” in? Do the truths of the faith—listed in the Creed—really permeate your life? Learn how these ancient truths contain the promise of peace, joy and happiness for our lives.

**Pillar I: The Creed** is a 12-Part program that will launch you on an amazing journey through the *Catechism of the Catholic Church*. Don’t miss this opportunity to take part in a compelling and inspiring learning experience that is sure to draw you closer to Christ through a deeper understanding of the teachings of His Church.

Please join us for this 12-part series  
from January 10 through March 21  
(skipping Ash Wednesday)  
Wednesday evening in the Grand Hall  
6:10—7:25pm

To sign up, please contact:  
Lisa Norton at [lnorton@centurytel.net](mailto:lnorton@centurytel.net) or  
Grant Smith at [grantsmith.usa@gmail.com](mailto:grantsmith.usa@gmail.com)



### *Oremus: A Guide to Catholic Prayer*

Please join us for this 8 week study  
from January 31 thru March 21,  
Wednesday evenings in the Grand  
Hall from 7:30—9:00pm

Do you find it difficult to pray? Is prayer an integral part of your day? Do you hear God’s voice in your daily life, and know how to respond accordingly? For many of us, the answer to these questions is “no.” We all desire an intimate relationship with God. But, since learning to “say our prayers” as children, we never moved beyond rote recitation to an authentic conversation with God.

#### Oremus—Let Us Pray

The Oremus study program teaches you the essentials of an effective and fruitful prayer life. Over the course of 8 weeks you will discover how God speaks to you, even in the smallest encounters. Following the Tradition of the Catholic Church and the wisdom of the saints, you will learn how to express yourself to God in prayer, and how to hear His voice.

Please call Marilyn O’Neill 314-341-2622  
or Kelly Meyer 636-828-4994 to sign up.

## March for Life 2018—Registration Now Open!

MISSOURI LIFE CARAVAN is now accepting registrations for our bus trip to the annual March for Life in Washington, DC **Thursday—Saturday, January 18-20, 2018**. Join us and thousands of others from across the U.S. for this huge pro-life gathering in our nation’s capital. This trip is open to anyone ages 7 and up (chaperones not provided). We depart from several locations in the St. Louis area and we do not stay in hotels as we sleep on the buses. The cost if received by December 22 is \$190. The cost after December 22 is \$205. For registration and bus information contact us at 314-434-4900 or [mrl.eastern@yahoo.com](mailto:mrl.eastern@yahoo.com). You can also download our registration form at [www.missourilife.org](http://www.missourilife.org). Registration deadline is January 2, 2018.

- |                     |                     |
|---------------------|---------------------|
| 10. Creation (#237) | 5. Love (#221)      |
| 9. Revealed (#237)  | 4. Love (#218)      |
| 8. Names (#233)     | 3. Truth (#215)     |
| 7. Us (#221)        | 2. Creatures (#213) |
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Catholic IQ Answers



## Invitation to Divorced and Separated Catholics

The **Catholic’s Divorce Survival Guide** is a DVD program featuring Catholic experts, and lay men and women on the journey to healing. Topics include denial, anger, grief, guilt, forgiveness, money, the kids, the ex-spouse, spirituality, annulment and much more. Immaculate Conception Parish, Dardenne will be hosting the program on Thursdays from 7-9pm, beginning January 11, 2018 and ending April 5. Contact Debi at [debijo@att.net](mailto:debijo@att.net) or 314-276-3859 for more information.

## 10 Simple Ways to Slow Down this Advent

Sr. Theresa Aletheia Noble

Advent is more than half over. Some of you may be thinking, “Well I haven’t really done anything for Advent, I might as well just give up.”

Don’t give up! Advent is not about being perfect. God can work wonders in our spiritual lives, even if you just live Advent well for *one day*.

One of the key things to living a liturgical season well is to slow down for long enough so we can acquire a listening stance. We slow down to listen because God has a special message for us during these rich times in the liturgical season and when we pause and inject silence into our routine, we open ourselves to hearing what God has to say.

Here are some simple strategies you can use to maintain your peace in a time that has been filled with hectic running about.

1. **Take a walk.** It takes about 15 minutes out of our day to take a short walk. But little breaks that get us out in nature slow us down and help us tune into the rhythm of the natural world. Birds and trees don’t rush from thing to thing.
2. **Drink a cup of tea or coffee and do nothing during the time it takes you to finish:** Really, that sounds simple but how many of us take just 5 minutes to do nothing? No phone. No TV. No talking. No reading. No working. Just sit. Five minutes, we all have that.
3. **Read the Gospel of the day twice and then choose a word or phrase that jumps out at you:** This is basically lectio divina, an ancient monastic form of prayer, for people on the go. If you don’t have time for a full-fledged Bible study or for going through all the steps of lectio, just read the Gospel and take a moment to ask God what words He wants you to chew on during the day.
4. **Set aside one night per week as a “No Technology Night.” Read a book, talk to a friend, write a letter, but don’t touch your phone or turn on your TV or computer!** This sounds so simple but how many of us actually do it? Put a basket by your door and put all gadgets in it on one special night per week. Order a pizza, play a game, make it a special evening by engaging with those you love without screens getting in the way.
5. **Inject difference into your schedule:** This is a bit vague but I have found that changing my schedule in little ways helps me to shake off any anxious hurriedness I am feeling. If you usually go to lunch at 12 noon, try going five minutes early and spend that time doing something simple, even if it is just walking slowly to lunch. Or write a quick note to someone you love, just to say, “Hello!”
6. **Spend time with children:** Kids are these magical creatures that have not yet succumbed to the press of time. You never see children anxiously looking at their watches and lamenting, “There just aren’t enough minutes in the day!” Just spending time with kids helps us to jump into the now, the only moment worth living, rather than perpetually living in the future.
7. **Look out the window or up at the sky for at least one minute per day:** How many times a day do you just take a minute to look out the window and appreciate the dusting of snow or listen to the pitter-patter of rain? Or to just look at the sky and watch the clouds move past? Sometimes when I am walking in a big city, I just stop on the sidewalk and look up (yeah I’m a safety hazard, don’t take me anywhere). As people rush by, I think, “I want to be the kind of person who looks at the sky.” Be the kind of person who looks at the sky this Advent.
8. **Bake or cook a fun recipe;** Sometimes we prepare food for sustenance and at other times we prepare food in a way that is almost prayerful. Choose one night that you will prepare food for yourself or your family in a way that is creative, simple, and just to enjoy the process of cooking.
9. **Set an alarm on your phone for morning, afternoon, and evening. When it rings stop for one minute and sit in silence or say a simple prayer:** We have all kinds of gadgets that distract us but they can also help us pray. There are tons of great Catholic apps for praying the Rosary, the Liturgy of the Hours, etc. But sometimes that doesn’t work because we have to *actually* open the app. This is why something as easy as an alarm can be an effective reminder to pray. Simple as that.
10. **Think about the things that are stressing you out and give thanks:** If your kids are driving you crazy, take a moment to say, “Thank you Lord for my beautiful children.” If it is work, stop and say, “Thank you God that I have a job and that it provides for my needs.” If it’s school, “Thank you for my ability to learn and for all the ways I am growing through my study.” If someone is ill, stop and say, “Thank you God for this person I love.” If we stop to realize that our daily stresses are really disguised blessings, even when they are painful, it helps us to hold on to peace.



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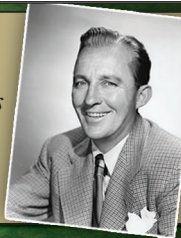


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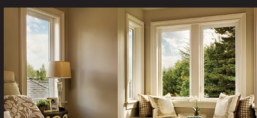
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