

Dear Family,

We all make the **Sign of the Cross**, but we seldom pay attention to what we are doing. The Sign of the Cross is actually a prayer—not just a gesture—but we forget what it means. In this column, let's explore a few ideas so that we may pray it better.

First of all, since the Sign of the Cross is a prayer, we should be thinking or meditating on it as we make it. The *Catechism of the Catholic Church*, paragraph 2565, (= CCC 2565) says this about prayer: "In the New Covenant, prayer is the living relationship of the children of God with their Father Who is good beyond measure, with His Son Jesus Christ and with the Holy Spirit." When we sign ourselves, we should recall that we are Catholic Christians who believe in Three Persons in One God and that Jesus has redeemed us through His Passion, Death, and Resurrection. Thus, this prayer helps us recall our identity as princes and princesses of the Lord.

Second, praying the Sign of the Cross is a source of strength when we are tempted or having difficulties. The following are 12th-century instructions to Bridgettine Nuns of Sion:

Bless yourself with the Sign of the Cross, to chase away the fiend with all his devils. For, as [St. John] Chrysostom says, "Whenever the devil sees the sign of the holy cross, he dreads it as the staff with which he is beaten. And in this blessing you begin with your hand at the head downward, and then to the left side and believe that our Lord Jesus Christ came down from the head, that is, from the Father into earth by His holy Incarnation, and from earth into the left side, that is hell, by His bitter Passion, and from thence into His Father's right side by His glorious Ascension."

Finally, when we make the Sign of the Cross as we enter the Church after dipping our fingers in holy water, we should also recall our Baptism and the promises we made to the Lord. The day we were baptized was the day we became sons and daughters of God. On this glorious day, the Trinity began to dwell within us as we received a change in our very being—a change in our soul that allowed God to live in us. Our Baptism day was the day in which we received spiritual rank—an indelible mark that identified us as Christians—to fight the good fight, run the good race for the Lord. This was the day we received the gifts of faith, hope, and love, and the gifts of the Holy Spirit. Let us praise the Lord when we pray the Sign of the Cross!

Shifting to a new topic, let's talk about the wonderful sacrament of **Anointing of the Sick**. One biblical reference for its origin is James 5:14-15. These verses state: "Is any among you sick? Let him call for the

presbyters of the Church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven."

The CCC 1532 clearly states the great benefits of receiving this sacrament. To summarize, Anointing of the Sick

- a. unites the sick person to the suffering of Christ, to conform him/her more to Christ and to help the entire Church. (Jesus suffered for our salvation, and we can participate in His to help others. Our suffering becomes a prayer and does not get wasted if we unite ours to His.)
- b. gives strength, peace, and courage to endure the sufferings of the illness or old age.
- c. forgives sins, if the sick person is not able to go to the sacrament of Penance. Thus, a priest can anoint someone who is unconscious, if he thinks the person would have asked for it.
- d. prepares a person to pass over to eternal life.

Who can receive this sacrament? Any of the faithful who begin to be in danger of death from sickness or old age may receive. It is also for the elderly who are frail. Furthermore, it can be given to anyone who is going to have a serious surgery. Hence, a child, seven or above, could be anointed. (See CCC 1514-15.) Finally, those who have a serious mental illness may be anointed about twice a year so that they will be strengthened.

Sometimes it is difficult to define "elderly." Psalm 90 says, "Seventy is the sum of our years, or eighty for those who are strong." So, if you are 70 or older, it's time to consider receiving the sacrament occasionally. If you are under 70, and you have serious health issues, it's time to get anointed. **You will always be asked to make a good confession before the anointing.**

One of the main reasons I am writing about this sacrament is that so many people misunderstand it, or don't think they ever need it. Some people have told me that they are afraid that if they get anointed, they will die! Scaredy-cats! (I had Fr. Peter hear my confession and anoint me earlier this year because of a serious illness.)

The anointing book of the Church states: "The faithful should be educated to ask for the sacrament of Anointing and, as soon as the right time comes, to receive it with full faith and devotion. They should not follow the wrongful practice of delaying the reception of the sacrament." The bottom line: Please ask me to anoint you if you are in need. Be prepared to make a good Confession before the anointing. I care about you! You are a child of God and we are all part of the same family—God's family.

Peace of Christ, *Fr. Michael*

Immaculate Conception: Holy Day of Obligation

-Friday, December 7

St. Ignatius, 4:30 p.m.

St. Peter, 7:30 p.m.

St. Anne, 5 p.m.

-Saturday, December 8

St. Bernard, 8:30 a.m.

Our Lady, 9:30 a.m.

Christmas Mass Schedule

This year Christmas falls on a Tuesday. We are obligated to go to Mass on the weekend and attend one Christmas Mass. Ten Masses are available!

-Monday Evening (Christmas Eve), December 24

St. Bernard, 4:30 and 6:30 and 8:15 p.m.

Our Lady of the Snow, 5 p.m.

St. Anne, 5 p.m.

-Tuesday, December 25

St. Bernard, 7 and 9 a.m.

Our Lady of the Snow, 9:30 a.m.

St. Peter (Kremmling), 10 a.m.

St. Ignatius (Walden), 1 p.m.

Pregnancy Resource Connection

Thanks to everyone who donates to the PRC. This past year, you gave over \$600 of change in the baby bottles.

The Leading Causes of Death in America per Year

1. Abortion 1.15 Million
2. Heart Disease 599,413
3. Cancer 567,628

Note: Abortion accounts for nearly two-thirds of all non-Hispanic Black (61.1%) and Hispanic (64%) deaths. (From : Pikes Peak Citizens for Life)

So, let's keep this simple. If 100 African-Americans died today, 61 of them were killed in their mother's womb. If 100 Hispanics died today, 64 of them were killed in their mother's womb. I cannot vote for a candidate who is pro-abortion, which feeds into a pro-death culture. If people don't respect life at the beginning (abortion, infanticide, selling of baby body parts, etc.), they will not respect it in the middle (theater and school shootings, terrorist attacks, severe bullying, etc.) and in the end (physician-assisted suicide, etc.)

Pint with a Priest; Tuesday, November 6 at 6 p.m.

Join Fr. Peter for a drink and a good discussion about the faith (topic TBD) at The Peak Brewery and Restaurant in Winter Park. This is for Catholics and non-Catholics alike.

“Wisdom and Works of Mercy,” the third **Fr. Gaitley parish-based retreat** is offered at StA, StB, and OLS. It begins the third week of January. This is a 10-week retreat. Those who have attended the first two retreats, “33 Days to Morning Glory” and “Consoling the Heart of

Jesus,” have been asking for this and know the quality of the program. Any questions, call the numbers below:

StA will meet on Wednesdays, beginning January 23, from 6:30 – 8 p.m. Call Jan, 970-887-2000.

StB will meet on Mondays, beginning January 21, from 4 – 6:30 p.m. Call Wendy at 720-402-7575 or Pat at 361-442-3532

OLS will meet on Mondays, beginning January 21, from 6:30 – 8 p.m. Call Pam at 410-903-5256.

Saturday Vigil Masses begin again at St. Bernard on November 17. Times are 4 and 5:30 p.m.

Second Collection for Christmas Families on Thanksgiving Weekend

TMIY!

No meetings on November 16 and 23.

Calendar of Events

-Nov 3-4 (Weekend). Annual Seminary Appeal

-Nov 24-25 (Weekend). Christmas Families Collection

-Dec 8. Immaculate Conception: Holy Day

Mass Collections, October 27 – 28

St. Anne	\$ 1408
St. Bernard	1993
Our Lady of the Snow	1568
St. Peter	606
St. Ignatius	832
Total	\$ 6407

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat—Thomas Scherer & Owen Limarta

Sun— Joe Bui & Sean Conroy

Mon—Men in our boundaries called to the priesthood

Tue—Grand/Jackson Women called to consecrated life

Wed—St. John Vianney Seminary staff

Thu—*Redemptoris Mater* Seminary staff

Fri—Men and women applying for formation

Mass Intentions and Schedule for StA, StB, and OLS

KEY: StA = St. Anne; StB = St. Bernard;

OLS = Our Lady of the Snow

-Sat, Nov 3, StA, 5 p.m., Paul Harrington

-Sun, Nov 4, StB, 7 a.m., Albert and Carol Gasienica

-Sun, Nov 4, OLS, 9:30 a.m., Sean Ladd

Weekday Masses

-Mon, Nov 5, StA, 8:30 a.m., Holy Souls

-Tue, Nov 6, OLS, 7:30 a.m., Gilbert/Lorraine Maloney

-Wed, Nov 7, StB, 8:30 a.m., Fr. Michael Barry

-Fri, Nov 9, OLS, 8:30 a.m., Thomas Kullman

Mass Intentions and Schedule for StP and StI

KEY: StP = St. Peter; StI = St. Ignatius (Walden)

-Sun, Nov 4, StP, 10 a.m., Michael and Sarah Kullman

-Sun, Nov 4, StI, 1 p.m., People in our region/visitors