

## **Rules for Receiving Holy Communion**

We welcome all to the celebration of the holy Mass. We are glad that you are here. Because of the confusion about religion in general in our society, it is important to be reminded of some elements of Catholic belief and practice.

### **-For Catholic Christians**

1. Prior to receiving Holy Communion, Catholic Christians should have fasted for at least one hour; water and medicine are exceptions. Chewing gum is considered irreverent at Mass. We should always try to arrive early to dispose our hearts and never leave early, unless there is an emergency.

2. Jesus is head of the Church (see Colossians 1:18) and He said in John 14:15, "If you love Me, you will keep My commandments." God tells us in 1 Corinthians 11:23-32 that we should not receive Holy Communion if we are aware of grave sin. Grave sin is a break in our covenant with God. If you are aware of grave sin (skipping Mass on Sundays and Holy Days, abortion, serious theft, sexual sins, cohabitation, marriage not blessed in the Church, etc.), in true humility, please reconcile with God in the gift of the Sacrament of Reconciliation/Confession before receiving our Lord in Holy Communion. In this way, you will show God great respect and not commit further sin. If you wish to come forward with your arms crossed over your shoulders, the minister of Holy Communion will say a prayer over you. (Note: A priest or deacon would be happy to assist you in rectifying any situation and help you to walk with Jesus on a good and holy path. God is love and mercy.) For those receiving Holy Communion, please consume the Host in front of the minister.

**-For non-Catholic Christians.** We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common Baptism and the action of the Holy Spirit will draw us closer to one another. We pray Christ's prayer for us "that they may all be one" (John 17:21). Receiving Communion means to be in union with the Catholic Church and to believe and practice what she teaches. Since this does not yet exist for you, please refrain from receiving Communion. If you come forward with your arms crossed over your shoulders, the minister of Holy Communion will say a prayer for you.

## **Jesus and His Teachings, Yes! New Age/Occult, No!**

We always strive to glorify God and to save souls. Without God, nothing is possible. With God, all things are possible. We need to know what He wants and then accept His supernatural power to accomplish His will.

So many people are drifting away from God by trying to "receive" preternatural knowledge and power apart from God. This is the New Age or Occult.

Future bulletins will tackle various topics. Today's topic: **Saging (Smudging) a Home.**

Saging is a pagan ritual in which the herb, sage, is burned in a home to "cleanse" it of "bad vibrations." Some people even think that the aromatic smell will cleanse their "aura" and "energy fields" and make them feel good. This is New Age thought.

Years ago, someone told me that there was a woman who used sage to "exorcise" homes and people. This is very inappropriate. I heard she has moved.

Catholics, if you feel that there is something "negative" in your home, get your home blessed by a priest or deacon with holy water and blessed salt. Do what the Church has set up. Otherwise, you are trying to get desired effects apart from God.

If you have fallen into this trap, please tell your priest or deacon. They will give you the proper advice.

## **Daily Prayer of Surrender**

O God Almighty, King of the Universe, I love You, praise You, and adore You! I surrender to You today with all my heart and soul. I say "yes" to You this day. O Most Holy Trinity, You are the only God, the one true God. Father, You are my true Father. Thanks for giving me a biological father in order to bring me into this world to share in Your divine nature by Your gift of grace. Jesus, I believe in You and receive You as my Lord and Savior. I hold nothing back. Jesus, You have my permission to live in my heart. Conform my heart and mind into Yours; let me love and think as You do. Holy Spirit, bring me to a deeper conversion to the person of Jesus Christ. Help me follow Your daily promptings. Immerse me, Holy Spirit, and let Your gifts come alive in me. Almighty God, I surrender all to You: my health, family, resources, work, skills, relationships, time management, successes, failures, and regrets. I release all of these to You and let them go. I surrender my understanding of how things ought to be, my choices, and my will. I surrender to You the promises I have kept and the promises I have failed to keep. I surrender my fears, temptations, insecurities, and sexuality to You.

Men, pray: Jesus, help me to become a man like You—a man of action that builds up Your Kingdom and who is sexually pure. Women, pray: Jesus, help me to become a woman like Mary—the greatest role model of all Christians, perfectly receptive to You, and sexually pure.

I especially surrender [surrender other areas as the Holy Spirit reveals them to you]: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, etc.

Lord, I surrender my entire life to You—the past, the present, and the future. In sickness and in health, in life and in death, I belong to You alone! Almighty God, I offer up my body to You as a living sacrifice, holy and pleasing. Amen.

## Ordinary Means of Salvation and Being Free in the Lord—Cooperating with God’s Plan and Grace

**-Luke 9:23-24:** Then [Jesus] said to all, “If anyone wishes to come after Me, he must deny himself and take up his cross daily and follow Me. For whoever wishes to save his life will lose it, but whoever loses his life for My sake will save it.” **[Surrender daily to Jesus!]**

1. Develop a deep faith life. (Ask for the gift of faith daily and spend time learning truth from the Bible, the *Catechism of the Catholic Church*, the lives of the saints, etc.)
2. Improve your prayer life. (Will you spend an hour in prayer each day? This can be broken into various parts throughout the day: pray with Bible, 15 minutes; Rosary, 15 minutes; listen to God in silence, 15 minutes, etc.)
3. Live a virtuous and moral life. (Virtue = repeated good acts to build up God’s Kingdom, such as living the Beatitudes and performing the Corporal and Spiritual Works of Mercy. Moral life = follow the Ten Commandments and the Precepts of the Church.)
4. Live a sacramental life. (Mass on Sundays and Holy Days; also strive for daily Mass and frequent Confession. Receiving a Sacrament is a “direct touch” from God.)

## The Eight Beatitudes (Mt 5:3-10)

1. Blessed are the poor in spirit: for theirs is the Kingdom of Heaven.
2. Blessed are the meek: for they shall possess the land.
3. Blessed are they who mourn: for they shall be comforted.
4. Blessed are they that hunger and thirst after justice: for they shall have their fill.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the clean of heart: for they shall see God.
7. Blessed are the peacemakers: for they shall be called children of God.
8. Blessed are they that suffer persecution for justice’ sake, for theirs is the Kingdom of Heaven.

## The Seven Corporal Works of Mercy

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To shelter the homeless.
5. To visit the sick.
6. To visit the imprisoned.
7. To bury the dead. [Do not scatter ashes.]

## The Seven Spiritual Works of Mercy

1. To counsel the doubtful.
2. To instruct the ignorant.
3. To admonish the sinner.
4. To comfort the sorrowful.
5. To forgive all injuries.
6. To bear wrongs patiently.
7. To pray for the living and the dead.

## The Ten Commandments

1. I am the Lord thy God; Thou shalt not have other gods besides Me.
2. Thou shalt not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor thy father and thy mother.
5. Thou shalt not murder.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor’s wife.
10. Thou shalt not covet thy neighbor’s goods.

## The Six Precepts of the Church (Catholic Duties)

1. To go to Mass and refrain from servile work on Sundays and Holy Days.
2. To go to Confession at least once a year.
3. To receive the Eucharist at least once a year, during the Easter Season.
4. To observe the days of fasting and abstinence.
5. To help to provide for the needs of the Church according to one’s abilities and station in life.
6. To obey the marriage laws of the Church.

## Praying with the Bible: A Brief Introduction to Ignatian Biblical Meditation (rational reflection):

1. **Begin:** Consider how God looks upon you and loves you; become aware of being in God’s presence. Stand for a moment, bow if you wish, then be seated for prayer.
2. **Preparatory Prayer:** Offer to God all your will and actions, especially in this time of prayer. Ask God for a specific grace that you need and desire right now (peace, consolation, hope, etc.).
3. **Meditate on the Biblical Text** that you have selected:
  - Read** the biblical text through slowly, recalling what it is about; then let it come alive for you!
  - Reflect** on the truths God wants to teach you in this text.
  - Ponder** the meaning of each word, phrase, and sentence.
  - Focus** on two or three points (words, phrases, images, ideas) that stand out to you.
  - Embrace** what God is saying to you; let your heart be moved with love and desire.
  - Notice** what is going on inside you as you pray: joy, sorrow, peace, confusion, love, anger, etc.
  - If you get distracted or your mind wanders, gently return to the biblical text and your focal points.
4. **Colloquy:** Enter into a short personal conversation with Jesus (or God the Father, or the Holy Spirit). Speak heart-to-heart, as if conversing with a close friend.
5. **Closing Prayer:** Conclude by praying the Our Father, Hail Mary, or another familiar/favorite prayer. You might stand, kneel, bow, raise your hands, or adopt another posture to mark the end of your prayer.
  - [Look forward to your next prayerful encounter with God. When? Where? Which biblical text?]

## 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.

## The Office is Closed Next Week, December 24-28

## Check the Daily Mass Schedule Carefully

There are changes this week and next.

## “Friday Night Feed” at Cranmer Chapel, Winter Park

We are looking for volunteers for the Friday night feed, January 18. We also need donations of corn and deserts. Contact Lynn at 239-919-4044 or [ltklop@gmail.com](mailto:ltklop@gmail.com).

## US Air Force Academy Cadet Choir Coming

On January 19 and 20, the cadets will sing at St. Anne, Sat., 5 p.m. and Our Lady, Sun., 9:30 a.m.

If you want to sponsor some cadets this year, please call Angela at the office, 970-887-0032, x5. You will take them to the churches for their sung Masses.

## Mary, Mother of God Mass Schedule (Holy Day)

*This Holy Day also falls on a Tuesday like Christmas. We are obligated to go to Mass on the weekend, and then attend one Marian Solemnity Mass—two Masses.*

-Monday Evening (Vigil Mass), December 31

**St. Bernard**, 4 and 5:30 p.m.

**St. Anne**, 5 p.m.

-Tuesday, January 1

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

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

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

## Collection Envelopes are Ready

Look for yours at the doors of the church. If there is a problem, please call Angela, 970-887-0032, x5.

## Parish Mission Talk at Our Lady of the Snow

### “What We Lost in the Fall and How to Reclaim It”

-For adult men only (18 and over)

-Sunday, January 27; Our Lady of the Snow

-Time: 3:30 – 5:30 p.m.

-Speaker: Kyle Clement. Kyle grew up in Texas and is a cattle rancher, horse trainer, and lawyer. He is married with three children. He consults for exorcisms. He is a staunch defender of the Catholic faith.

**MTYR** Are YOU becoming More Than You Realize this Christmas season? **It's time!** Don't sit idly waiting for Him to come to you. Run to Him! Open your heart and let Jesus know He is welcome there. Let Jesus know you need Him. You need Him every hour, every day, in every thing you do! Advent is the time that we realize our immense need for our Savior, Jesus. This is **MTYR!**

## Fearfully and Wonderfully Made: PRC Banquet

-When: Sunday, February 17. Presidents' Weekend

-Where: YoungLife-Crooked Creek Camp, Fraser

-Admission: Free; pre-registration required

-Contact: 970-887-3617. [office@pregrand.org](mailto:office@pregrand.org)

## Calendar of Events

-Jan 19-20 (Sat-Sun). United States Air Force Academy Cadet Choir to sing St. Anne and Our Lady of the Snow

-Jan 27 (Sun). Mission talk for men by Kyle Clement

-Feb 11 (M). Parish Mission: Talks on Angels by Fr.

Piotr from the Congregation of St. Michael the Archangel

-Feb 17 (Sun). Pregnancy Resource Connection Banquet

### Mass Collections, Dec 15 – 16

St. Anne	\$ 1723
St. Bernard	1940
Our Lady of the Snow	1401
St. Peter	650
St. Ignatius	<u>562</u>
<b>Total</b>	<b>\$ 6276</b>

### Vocations Prayer Calendar

*Please pray for our seminarians every day.*

**Sat**—Blaise Buches & Daniel Rivas

**Sun**—Jason DiRito & Rommy Goyes

**Mon**—David Hall & Drew Jones & Jun Pham

**Tue**—Drazen Hosi & Javier Moretton

**Wed**—All men called to the diaconate

**Thu**—Trevor Lontine & Kyle McDonald

**Fri**—Increase in vocations to priesthood/religious life

### Mass Intentions and Schedule for StA, StB, and OLS

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

OLS = Our Lady of the Snow

-Sat, Dec 22, StA, 5 p.m., Honor Ulveling

-Sat, Dec 22, StB, 4 p.m., Dan and Sabrina Machiniak

-Sat, Dec 22, StB, 5:30 p.m., People in our region/visitors

-Sun, Dec 23, StB, 7 a.m., Edward and Terra Plute

-Sun, Dec 23, OLS, 9:30 a.m., Doug and Geri Frost

### Weekday Masses

-Mon-Tue, Dec 24-25. Christmas Eve and Christmas Day

**See schedule in upper left hand corner.**

-Wed, Dec 19, **OLS, 9 a.m.**, Special intention

-Thu, Dec 20, **OLS, 8:30 a.m.**, Honor Ulveling

### Mass Intentions and Schedule for StP and StI

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

-Sun, Dec 23, StP, 10 a.m., Larry and Janice Gross

-Sun, Dec 23, StI, 1 p.m., People in our region/visitors