

## NOVEMBER 29, 2009 FIRST SUNDAY OF ADVENT

### MASS INTENTIONS

### From the Pastor

#### Saturday, November 28

4:00 PM Marcelline & Raymond Duffy (*from family*)  
Mary Cressotti (*from the Cressotti family*)  
Helen, Joseph & John Jachym (*from family*)  
Evelyn Dusza + (*birth. rem. from children*)

#### Sunday, November 29

7:00 AM Daniel Cummings (*27<sup>th</sup> anniv. from family*)  
8:30 AM Norma Cuzzone + (*birth. rem. from Wanda  
Brennan & Linda Levite*)  
Mary Kenney Swords (*25<sup>th</sup> anniv. from family*)  
Robert M. Ivas (*1<sup>st</sup> anniv. from wife*)  
10:00 AM Gerald O'Connor (*8<sup>th</sup> anniv. from family*)  
11:30 AM Gonzalo Garcia (*10<sup>th</sup> anniv. from Garcia family*)  
5:15 PM Youth Mass

#### Monday, November 30

8:30 AM Andrew Flanagan (*from mother, Mary Flanagan*)

#### Tuesday, December 1

8:30 AM Teddy Mattia + (*birth. rem. from wife, Camilla  
and children*)

#### Wednesday, December 2

8:30 AM Pro Populo ("*For the People*")

#### Thursday, December 3

8:30 AM Catherine Ashe (*30<sup>th</sup> anniv. from daughter &  
family*)

#### Friday, December 4

8:30 AM Don Gustafson

#### Saturday, December 5

4:00 PM Michaeline Placzek + (*birth. rem. from  
daughters*)  
Donald Macia (*41<sup>st</sup> anniv.*) & Ruth Norseth  
(*25<sup>th</sup> anniv. from June Macia & family*)  
M/M Eli Lafreniere & family (*from family*)  
Alan E. Johnson (*1<sup>st</sup> anniv. from wife & 3 sons*)

#### Sunday, December 6

7:00 AM Anna Gust (*from son, Victor*)  
8:30 AM Joseph Czarnecki (*25<sup>th</sup> anniv. from wife &  
children*)  
10:00 AM Dennis Allen + (*birth. rem. from family*)  
Concetta & Andrew Callini (*from Rose Morin  
& family*)  
James Moran, Sr. (*from family*)  
11:30 AM



If you would like to contribute towards the beautiful flowers on our altar, there is a notebook in the main entrance of the Church. It is easy to fill out a request and a great way to honor someone who has passed away or celebrate a great event in someone's life.

**Please remember in your prayers:** Lynn Gelineau who is recovering from surgery **and also the deceased:** Anna Soares, Fr. Frederick Heberle, Carolyn Cooling, Diane Gauthier, Mary Phelps, Louis Veronesi & Helen Marchese

**Weekly Giving:** Due to the print date of the bulletin, the totals for Nov. 22<sup>nd</sup> & 29<sup>th</sup> will be in the Dec. 6<sup>th</sup> bulletin. We strive to be accountable for the generous donations that keep the parish functioning. Thanks for your support!

One of my favorite Advent devotions is the Advent Wreath. I remember as a child looking forward to my turn in saying the prayer or lighting the wreath. There was something concrete about watching the candles burn and seeing the different heights as the season went on. Now I look forward to lighting with my nieces and nephews when I visit in the weeks ahead. It is a real moment of grace in this special season.

Advent begins today and will continue right to Christmas (then you can convert the Advent Wreath into a Christmas Wreath by substituting white or red candles). It is not very difficult to create an Advent Wreath. Simply get four candles (preferably three purple and one pink) and a little bit of evergreens (I sometimes will just loosely lay fresh cuttings around the candles). Each night the family lights the candles (one purple during the first week, two purple during the second week, two purple and the rose candle for the third week and all four during week four) and says a prayer.

Later in the bulletin I am including a few potential prayers, but really it is best if you develop a family ritual. Maybe you could read something from the bible, or ask everyone around the table to tell God one thing they are grateful for, or pause in silence to lift up a special need. The more you make it your family ritual the more personal and special it can be.

I hope this Advent is filled with grace and love for each of you. Let us keep each other in prayer during this holy time.

pax. Fr. b.



The feast of the **IMMACULATE CONCEPTION** will be celebrated on December 8th. Here at St. Mary's we will have Masses at 8:30 a.m., 4 p.m. (CCD classes will also attend) and 6:15 p.m. (bilingual). The Vigil will be Dec. 7<sup>th</sup> at 4 PM (CCD classes will also attend). (If you cannot make a Mass here, maybe it would be easier for you to go to one of the other Westfield churches?)



**Blessed Sacrament**-127 Holyoke Road-562-3450, **Vigil 7 PM, Holy Day 7 & 9 AM, Holy Trinity**-335 Elm Street-568-1506 **No Vigil Mass, Holy Day 7AM, 12:10 and 7:00 PM or St. Peter/St. Casimir**- 24 State Street - 568-5421 **Vigil: 6:00 PM, Holy Day 7 AM & 6 PM.**

The first thing Andrew did, after learning about Jesus from John the Baptist, was to find his brother Simon (who would later be called Peter) to tell him, "We have found the Messiah" (that is, the Christ). And he brought him to Jesus.

- The Gospel of John, chapter 1, verses 40-42. The Feast Day of Saint Andrew is Nov. 30.

**NOVEMBER 29, 2009 FIRST SUNDAY OF ADVENT**

**This Week at St. Mary's**

Mon 11/30	4 PM	2-6 CCD – ES & Center
	6:30 PM	Finance Council – Rectory
	7 PM	Boy Scout Troop 109 – ES Café
Tue 12/1	4 PM	2-8 CCD – ES & Center
	6 PM	Pastoral Council – Center
	7 PM	Circulo de Oracion – Lower Church
	7:15 PM	Knights of Columbus – HS
Wed 12/2	9 AM – 6 PM	Adoration & Benediction – Church
	6 PM	Folk Group Practice
	7 PM	Bible Study – Center
Thu 12/3	7 PM	Choir Rehearsal
	7 PM	Cursillo – Center
Sat 12/5	<b>SCOUT TROOP 906 BAKE SALE AFTER MASSES</b>	
	6 PM	STMHS Midnight Madness Games - HS
Sun 12/6	8 AM	El Camino – ES
	8:30 AM	RCIA – Church/Rectory
	9:45 AM	Spanish Pastoral Council – Center
	10:00 AM	Little Church – ES
	10:00 AM	1 <sup>st</sup> Grade CCD – Upper Church/ES

*12/8 Feast of the Immaculate Conception (Holy Day); 12/8 First Communion Parents Meeting; 12/20 Lessons and Carols; Decorate the Church for Christmas; 12/22 Advent Penance Service; 12/23 STMES Living Nativity*

**ANYONE HAVING NOTICES FOR THE DECEMBER 19<sup>TH</sup> & 20<sup>TH</sup> BULLETIN MUST HAVE THEM INTO THE RECTORY NO LATER THAN THURSDAY, DECEMBER 10<sup>TH</sup> AT 4 PM.**

**FINANCE COUNCIL** will meet Monday, November 30<sup>th</sup> at 6:30 PM in the rectory. Please pick up your packets in church.

**PASTORAL COUNCIL** will meet Tuesday, December 1<sup>st</sup> at 6 PM in the Parish Center

**ATTENTION READERS:** The new “Handbook for Proclaimers of the Word” is in the Sacristy. Please take the book with your name. They begin today November 29<sup>th</sup>.

**CAMPAIGN FOR HUMAN DEVELOPMENT:** Thank you for your support of last week’s Collection for the Catholic Campaign for Human Development! Because of your generosity, more low-income people in the United States will be able to break the cycle of poverty and improve their communities. In these times when everyone’s budget is stretched, we are especially grateful for your support.



**RCIA:** This weekend we celebrate the Rite of Welcome. Our parish community welcomes those wishing to complete their initiation into the Catholic faith. They in turn declare

their desire. Please pray for our candidates and catechumens as they prepare for the sacraments at the Easter Vigil.

**NEW MINISTERS OF COMMUNION and READERS:**

St. Mary's parish is in need of Extraordinary Ministers of the Eucharist - especially for our Sunday 7 AM mass. Training is provided and consists of two evenings of instruction, education and reflection with Deacon Roger Carrier. Serving the Lord is a beautiful faith connection with our parishioners. Would you rather proclaim the Word by reading? New readers are welcome too. You choose the Mass time that you typically attend. Please call Deacon Roger to sign up (562-5477).



**ADVENT CANDLES:** Advent begins this weekend. Students from our School will be selling Advent Candles and Wreaths after the Masses on November 28 & 29. You can also purchase them at

the rectory in advance. \$5 for four quality candles // \$5 for a simple metal ring.

**CONFRATERNITY OF THE MOST HOLY ROSARY:**

The Annual Christmas Luncheon will be held at the Westwood Restaurant on Monday, December 14<sup>th</sup> at noon. Dinner choices are: Citrus Lemon Scrod and Chicken Francaise. The price is \$14.95. Please make your reservations with Toni Hills (568-7961) by Friday, December 4<sup>th</sup>. Bon appétit!



**AN INVITATION TO OUR FELLOW CATHOLICS:**

As Catholics we have many responsibilities toward our brothers and sisters in Christ Jesus. One of these is to **reach out to our neighbors** and **invite them** to Church. I'm sure that many of us know of someone or a family who once attended or attends once in a while. Some people only need **an invitation in person**; others may feel an injustice was done toward them and need **our compassion**; these will **need time and a listening and patient brother/sister**. We are often in a situation of being with another (we might be out in our yard and they may stop by to chat; out walking our dog and come upon someone) and the subject of you attending Mass weekly comes up and how much it means to you, or your many reasons for attending. Let them know of the **many activities we have** they can join in our parish such as: **Little Church** for those who have children 6 months of age through Kindergarten, invite them to a **Pasta Supper** hosted by St. Mary's students; let them know we have **Bible Study** every week and **Being Catholic series** twice a month; there's a **5:15 p.m. Mass on Sundays twice a month for teenagers with pizza and soda** before CCD classes. Make this a part of the conversation only if the opportunity arises; you'll know if it's the right time or not. We don't want to make them feel guilty or sound accusing. We are to **be gentle**. Jesus inviting someone to share a meal with Him...Zacheus the tax collector...inviting his apostles on the river bank to fry and eat fish with them...there're so many examples we hear in the Gospel readings. We the Outreach/Evangelization Committee ask for your help. Feel free to call us.



Richard & Kathy Sypek at 572-9144 or Marie-Anne Buffam at 568-7051.

Best friends are siblings God forgot to give us.

ST. MARY'S ELEMENTARY SCHOOL

RELIGIOUS EDUCATION

WREATH AND POINSETTIA

**PICK UP:** Order pick-up will be Friday, December 4<sup>th</sup> at the back entrance of St. Mary's Elementary School from 4:00 – 6:30 p.m. If you have any questions please call Michelle Moniz at 562-8105.



ST. MARY HIGH SCHOOL

St. Mary High School students are once again selling the WIN/WIN raffle tickets until December 18<sup>th</sup>. For \$5.00 per ticket, you will be entered into a daily drawing during the month of January. There is a total of \$5,000 cash prizes! These popular raffle tickets make great stocking stuffers and Christmas gifts! Please call the High School or stop by to get your WIN/WIN Tickets.

Are you an eighth grade student looking for a great high school experience? We are now accepting registrations for prospective freshmen. **The mission of Saint Mary High School, serving Westfield and the surrounding communities for over 100 years, is to educate our students in a comprehensive college preparatory curriculum. Through a demanding academic program, students are challenged to reach their highest potential. Guided by the Gospel message and supported by parents, students are prepared in matters of faith and moral development. We value a caring and diverse community environment, inspiring students to mature into responsible young people.** We have the lowest tuition rate of any regional parochial high school and 98% of our graduates continue their education. Come see why St. Mary High School students 'LIGHT THE WAY TO THE FUTURE'. Log onto [www.stmaryhs.com](http://www.stmaryhs.com) or email Kim Jaszek at [kjaszek@stmaryhs.com](mailto:kjaszek@stmaryhs.com) for more information.



Thank You

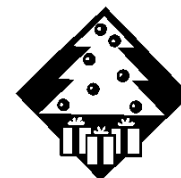
for all your support. Do you remember Jose Rivera, Yalisa Rodriguez, Amanda Diaz and Angelical Diaz who were fundraising for the National Catholic Youth Conference (NCYC) taking place in Kansas City? With your support through donations for the Red Sox tickets Raffle and the Flamingo Raid

fundraiser they flew out to Kansas City on Wednesday, 11/18/09 to join 21,000(+) other youth to attend this event. They returned home on Sunday, 11/22/09. If you are interested in seeing what this event is all about, there will be a live feed available at [www.mycatholicvoice.com](http://www.mycatholicvoice.com) It's a free log in, just follow the instructions.

**7<sup>th</sup> GRADE CCD:** Tonight, November 29<sup>th</sup> from 6:30-8:00 all of our 7<sup>th</sup> grade CCD students will be involved in part 3 of the "Called to Protect" Workshop. All 7<sup>th</sup> grade parents should have received information about this program.

**SUNDAY EVENING CCD:** There will be CCD tonight, November 29<sup>th</sup> for all students who attend our Sunday evening program!

**THE GIVING TREE:** Please help to brighten a child's Christmas by taking a name and returning a wrapped gift to the church or CCD office by **December 16<sup>th</sup>**. Thank you for your generosity!



**FIRST GRADE CCD:** for children and parents will be Sunday, Dec. 6<sup>th</sup>. We will gather for the 10:00 Mass and then proceed to the elementary school. Please bring your chapter reviews!

**GRADE 2 PARENT MEETING:** This important meeting will be held Tues, Dec. 8<sup>th</sup> at 7:15 (following the 6:15 pm Mass in the elementary school). Childcare will be provided. The second grade students do not need to attend.

CCD students that attend Monday or Tuesday classes will be attending Mass for the Holy Day of Obligation on **Dec. 7<sup>th</sup> and/or 8<sup>th</sup>**.



**THE YEAR OF THE PRIEST:** Pope Benedict XVI has declared June 2009 to June 2010 as the "Year for Priests". The theme for the priestly year is "Faithfulness of Christ, Faithfulness of Priests". Its purpose is to encourage what the Pope calls "the yearning for spiritual perfection" in priests. The year for Priests coincides with the 150<sup>th</sup> anniversary of the death of St. John

Vianney, a nineteenth century parish priest who transformed the lives of villagers in France through his example of holiness, his celebration of the Mass, his teachings, and his ability to touch people's souls in the Sacrament of Penance. St. John Vianney described priesthood in this way: "The priest is not a priest for himself; he does not give himself absolution; he does not administer the Sacraments to himself. He is not for himself, he is for you... The priesthood is the love of the Heart of Jesus." In the weeks to come we will discuss different ways to celebrate our priests.

**It is important that you choose your career with care, so that you may really follow the vocation that God has destined for you. No day should pass without some prayer to this end. Often repeat with St. Paul: "Lord, what will you have me do?"**

**ADVENT WREATH**

*The blessing of the Advent wreath takes place on the First Sunday of Advent. The following prayer can be used:*

Leader: Our help is the name of the Lord.

All: **Who made heaven and earth.**

Leader: Let us pray. O God, by whose Word all things are sanctified, pour forth Your blessing upon this wreath and grant that we who use it may prepare our hearts for the coming of Christ and may receive from Your abundant graces. We ask this through Christ our Lord.



All: **Amen**

*The wreath could then be sprinkled with holy water. The daily candle lighting follows.*



**PRAYER FOR THE FIRST WEEK:** Lord, come to our family during this holy time. Open for us the wonders of your grace and love. Prepare us to receive you in each other, in all we meet and in the wonders of each day. We make our prayer through Christ our Lord. All: Amen

**PRAYER FOR THE SECOND WEEK:** Lord, stir up our hearts. Help us make ready the paths of Jesus, Your Son. Help us change anything in our lives that takes us away from you, or hides your presence from others. May your grace be a light in our lives. We ask this through Christ our Lord. All: Amen

**PRAYER FOR THE THIRD WEEK:** Lord, lend Your ear, we beg, to our prayers. Enlighten the darkness of our world with the grace of Your coming. Keep us always in your love. We ask this through Christ our Lord. All: Amen

**PRAYER FOR THE FOURTH WEEK:** Lord, Christmas is so very near. Help us truly celebrate the birth of Jesus with joy and reverence. Make a space in our lives for your love and grace so that each day Christ may be born anew in our hearts. We ask this in his precious name, Jesus Christ, our Lord. All: Amen



**WELCOME...**You enter these doors...not as a stranger, but as a guest of God. God is your heavenly Father. Come then, with joy in your heart and thanks on your lips into God's presence, offering God your love and service. Be grateful to the strong and the loyal ones who, in the name of Jesus Christ, built these Churches of worship and to all who have beautified them and hallowed them with their prayers and praise. Ask God's blessing on those who love these places of faith as the inspiration of their labor, rejoicing in the power of the Holy Spirit, and may that blessing rest on you, both on your going out and your coming in.

**CAMPAÑA CATÓLICA PARA EL DESARROLLO**

**HUMANO:** ¡Gracias por su apoyo a la Colecta de la semana pasada para la Campaña Católica para el Desarrollo Humano! Debido a su generosidad, más personas de bajos ingresos en Estados Unidos podrán romper el ciclo de la pobreza y mejorar sus comunidades. En estos tiempos en que todos tienen su presupuesto ajustado, estamos especialmente agradecidos por su apoyo.



**HOLY TRINITY (WESTFIELD) PIEROGI & GOLOMBKI SALE SATURDAY, DECEMBER 5<sup>TH</sup>.**

Many varieties of pierogi will be available: cheese, cabbage, potato/cheese and prune. Also there will be golombki for sale. The sale is from 2 – 6 PM in the cafeteria. Get your holiday supply early. First come, first serve!

**FOR YOUR HEALTH**

Falls are frequent causes of grave, life threatening events for older adults. Such accidents often bring about lengthy hospitalizations, increased impairments and eventually, escalating medical costs. Falls often shorten the lifespan of the victim. A new study, however, suggests that when clinicians are trained in proven fall-prevention techniques, serious falls and the subsequent needed medical care can be noticeably reduced.

Researchers have urged specific training of clinical staff - primary care doctors, physical therapists and advanced practice nurses – in fall prevention exercises and strategies in order to help reduce the occurrence of serious falls and their after effects.

After two years of implementing programs that address multiple risk factors for falls the researchers found that the rate of serious fall-related injuries, such as hip fractures and head injuries, was lowered by 9 percent and fall related use of medical services was reduced by 11 percent.

The results of the study strongly suggest that much of the pain, disability, and health care costs due to falls by older adults could be averted by training clinicians in fall prevention and by encouraging them to adopt changes in clinical practice.

The investigators also noted that formal fall prevention programs are more successful when taught in the clinical rather than in academic settings.

**Source:** Tinnetti, M.E., et al. Effect of dissemination of evidence in reducing injuries from falls. *New England Journal of Medicine* 2008 July 17. 359:252-61.

**HOSPITAL LIST:** If you have a family member who is a patient at Mercy Medical Center, Baystate Medical Center, Providence or Holyoke Medical Center and has not seen a priest or an Eucharistic Minister, please check to make sure that the patient is registered on their admission sheet as Catholic (St. Mary's Westfield). With the new privacy laws the Hospitals will not give out patients' names, so please call us and let us know when family members are there so someone can visit.

