

Psychological Healing in the Catholic Mystic Tradition

From a Homily on the Acts of the Apostles by Saint
John Chrysostom, Bishop

Do Not Insult God

The Light of a Christian Cannot Escape Notice

There is nothing colder than a Christian who does not seek to save others.

You cannot plead poverty here; the widow putting in her two small coins will be your accuser. Peter said, Silver and gold I have not. Paul was so poor that he was often hungry and went without necessary food.

You cannot plead humble birth, for they were humbly born, of humble stock. You cannot offer the excuse of lack of education, for they were uneducated. You cannot plead ill-health, for Timothy also had poor health, with frequent illnesses.

Each one can help his neighbor, if only he is willing to do what is in his power. Look at the trees that do not bear fruit: have you not noticed how strong and fine they are, upstanding, smooth, and tall? If we had a garden, we would much prefer trees with fruit—pomegranates and olives—to trees that are for pleasure, not for utility, and any utility these have is small.

Such are those men who think only of their own concerns. In fact, they are even worse: the trees are at least useful for building or for protection, whereas the selfish are fit only for punishment. Such were those foolish virgins who were chaste, comely, and self-controlled, but did nothing for anyone. So they are consumed in the fire. Such are those men who refuse to give Christ food.

Notice that none of them is accused of personal sins. They are not accused of committing fornication or perjury or any such sin at all: only of not helping anybody else. The man who buried the talent was like this. His life was blameless, but he was of no service to others.

How can such a person be a Christian? Tell me, if yeast did not make the whole mass like itself, is it really yeast? Again, if perfume failed to pervade all around it with its fragrance, would we call it perfume?

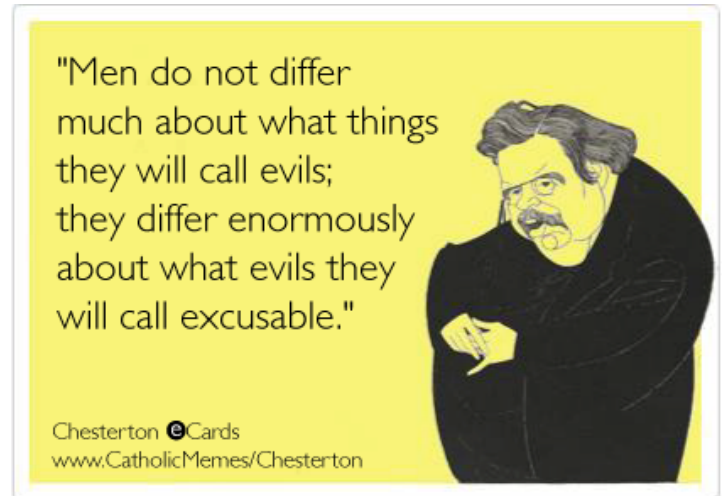
Do not say, "It is impossible for me to influence others." If you are a Christian, it is impossible for this not to happen. Things found in nature cannot be denied; so it is here, for it is a question of the nature of a Christian.

Do not insult God. If you say that the sun cannot shine, you have insulted Him. If you say that a Christian cannot help others, you have insulted God and called Him a liar.

It is easier for the sun not to give warmth or shine than for the Christian not to shed his light. It is easier for light to be darkness than for this to happen.

Do not say then that it is impossible. The opposite is impossible. Do not insult God. If we have put our affairs in order, these things will certainly come to be and will follow as a natural consequence. The light of a Christian cannot escape notice. So bright a lamp cannot be hidden.

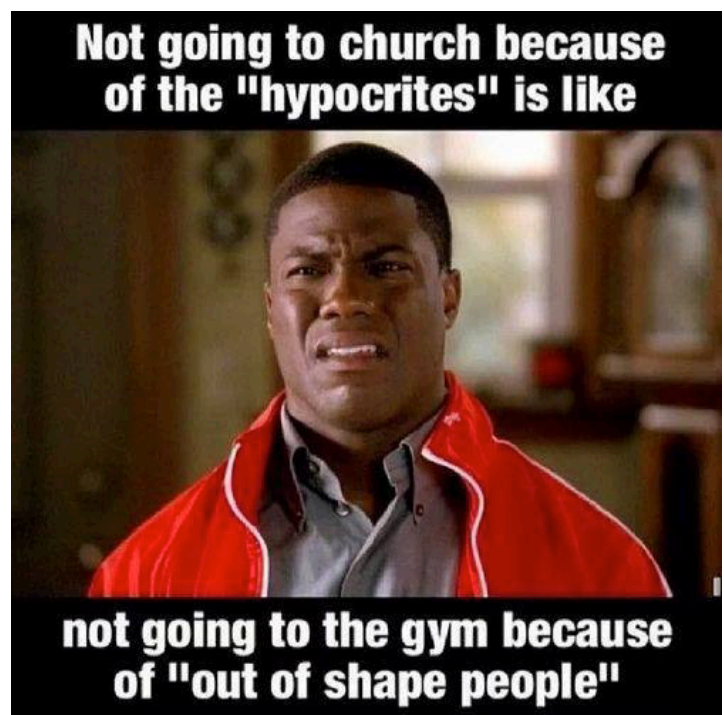
—Saint John Chrysostom, Bishop



Aid to the Church in Need

Fellow Christians, if we are following Jesus the King, we have the four signs of a dynamic Catholic: (1) prayer, (2) study, (3) generosity [in working to build up God's Kingdom by action and with money], and (4) evangelization [telling others what good things God is doing in our life].

Please consider giving to "Aid to the Church in Need." They have a great reputation. Call (800) 628-6333 or visit: <https://www.churchinneed.org/>



Confession—Prepare Your Heart to Meet Christ

Will you let Jesus clean your heart during this Advent season before we celebrate Christmas? Most think, “I really never sin. I haven’t killed anyone. I haven’t cheated on my spouse. I’m a pretty good person.” We priests think that you are pretty good, but we want you to become great and holy. We want you to become saints. We priests need forgiveness from Jesus; so do you. Let Jesus prune you so that you can produce more fruit. We all must go to Confession.

Examination of Conscience How is my daily struggle?

-Jesus is in the confessional with you and the priest. The priest will gladly help you—just ask.

-Confess all your sins [what **kind** and **number** of times committed] to the Divine Physician to heal you of your sins. Eight Steps to a Good Confession: (1) pray to the Holy Spirit for His light and grace; (2) examine your conscience; (3) be sorry for your sins out of love for God; (4) make a firm resolution not to sin again and to avoid occasions that cause you to sin; (5) tell all your sins to a priest during Confession; (6) after leaving the priest, promptly thank God for His love and forgiveness; (7) do the penance the priest assigned to you; (8) pray for the priest to increase in holiness.

1. I am the Lord Your God: you shall not have strange gods before Me.

Did I fail to love God today? Did I pray to Him? Have I doubted or denied my faith? Was I careless in saying my prayers? Did I read books, listen to radio programs, or watch shows or movies against the Catholic Faith? Have I been involved in any occult activity (Ouija board, psychic, etc.)? Did I receive Holy Communion while not in the state of grace?

2. You shall not take the name of the Lord your God in vain.

Did I curse or swear? Did I use God’s Name in vain: lightly, carelessly, or by blasphemy? Did I use profane language? Have I insulted a sacred person?

3. Remember to keep holy the Lord’s Day.

Have I missed Mass on Sundays or Holy Days through my own fault? Was I late for Mass or did I leave early without a good reason? Did I allow my children to miss Mass? Did I go to Confession within a year? Did I let myself get distracted at Mass? Did I do unnecessary servile work on Sunday?

4. Honor your father and your mother.

Did I honor and obey my parents and/or those with lawful authority over me? Have I talked back? Did I

fail to help at home? Have I neglected my children’s religious education? Have I not taken them to Mass and the Sacraments? Have I failed to spend time with my family? Have I separated or divorced civilly without consulting a priest for advice?

5. You shall not kill.

Was I angry, resentful, or did I keep hatred in my heart? Did I fight or give bad example or scandal? Did I fail to correct in charity? Have I permitted or encouraged an abortion or mutilation (vasectomy, sterilization, etc.) to avoid children?

6. You shall not commit adultery.

Did I consent to impure glances? Passionate kisses? Sinful touches? Was I immodest in dress or behavior? Did I look at impure images (movies, shows, or magazines, books, Internet)? Am I guilty of masturbation (impurity with self), fornication (pre-marital sex), adultery (sex with a married person), homosexual activity, or birth control (by pills, devices, withdrawal)? Have I used pregnancy methods (IVF, etc.) not approved by the Church? Do I avoid laziness, gluttony, idleness, and occasions of impurity?

7. You shall not steal.

Did I steal? What or how much? Did I return it or make equal restitution? Did I waste time at work, in school, or at home? Have I cheated in anything? Am I stingy? Do I gamble excessively? Neglect to pay debts promptly? Do I live poverty of spirit and detachment? Have I supported my Church regularly?

8. You shall not bear false witness against your neighbor.

Have I lied or gossiped? Talked about another behind his/her back? Do I always tell the truth? Am I sincere? Did I reveal secrets that should have been kept confidential? Am I critical, negative, or uncharitable in my talk?

9. You shall not covet your neighbor’s wife.

Have I consented to impure thoughts? Have I caused them by stares, bad reading, video or radio, curiosity, or impure conversations? Do I neglect to control my imagination? Do I pray at once to banish such bad thoughts and temptations?

10. You shall not covet your neighbor’s goods.

Is my heart greedy? Am I jealous of what another has? Am I envious of others because I don’t have what they have? Am I moody or gloomy? Do I work, study, and keep busy to counter idle thoughts? Is my heart set on earthly possessions (or on the true treasures of Heaven)?

Please Pick up the “Power Novena to the Christ Child”—to be prayed December 16-24.

It is also available on our website, under the heading “Prayers and Spiritual Resources.”

St. Bernard: Next Weekend begins the 4 p.m. Saturday Vigil Mass (in addition to the 5:30 p.m. Mass)

Pilgrimage to France with Fr. Michael

Fr. Michael is leading a pilgrimage through France from July 10 to 21. All are invited. If you wish to do an initial look, visit:

<https://www.pilgrimages.com/frfreihofer/>

Pilgrims can register on this website 24/7.

US Air Force Academy Cadet Choir Coming

The cadets would arrive on Friday evening about 8 p.m. and depart after Mass on Sunday—ML King Weekend.

If you want to sponsor some cadets this year, please call Angela at the office, 970-887-0032, x201. As usual, you would house them, feed them, and take them to the churches for their sung Masses (StB – Sat. and StP – Sun.).

Wisdom of The Dialogue of St. Catherine

Summary of Chapter 42. On the final Day of Judgment, God will say, “Arise, you dead, come to judgment.” “The bodies of the just will be glorified. But the bodies of the damned will be forever tortured....” “Every action, whether good or evil, is done by means of the body. So it is just...that My chosen ones should be rewarded with endless glory and good in their glorified bodies for the toil they endured for Me in body as well as in soul.” The damned will be engulfed in the filth of their sins. For example, “those who were hateful and bitter toward their neighbors will be engulfed in hate.”

Those who never turn to God and admit their sins and ask for His mercy have the devil as their gateway into hell.

Christmas Mass Schedule

The least crowded Masses at St. Bernard are on Christmas Eve at 8:15 p.m. and Christmas Day at 7 a.m.

-Tuesday 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.

-Wednesday, 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.

Collection Envelopes are Ready

Look for yours at the doors of the church. If there is a problem, please call Angela, 970-887-0032, x201.

A Rosary a Day Keeps the Devil Away!

Please Welcome Father Grzegorz Cioch Next Weekend

Fr. Gregory will have all the Masses on Saturday and Sunday (Dec 21-22) at St. Bernard, and the Mass on Sunday at Our Lady of the Snow. He is available to hear confessions in Polish as well as English, before or after Mass. Fr. Michael will be at his church, Christ the King.

Mary, Mother of God Mass Schedule (Holy Day)

-Tue (Vigil), Dec 31: StB, 4 & 5:30 p.m.; StA, 5 p.m.

-Wed, Jan 1: OLS, 9:30 a.m.; StP, 10 a.m.; StI, 1 p.m.

Keep Your Priests Thin

Pray for them instead of giving them cakes and candies.

Calendar of Events

-**Dec 16 (Mon).** Begin Christmas Novena

-**Dec 31-Jan 1 (Tue pm and Wed).** Holy Day of Obligation

-**Feb 16 (Sun).** PRC Banquet at Young Life Camp

Mass Collections, December 7 – 8

St. Anne	\$ 714
St. Bernard	1685
Our Lady of the Snow	1712
St. Peter	510
St. Ignatius	<u>612</u>
Total	\$ 5233

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat—David Hall & Juan Hernandez

Sun—Kevin Kasel & Deogratias Katongole

Mon—Ryan Kent & Sile Kone

Tue—Owen Limarta & Trevor Lontine

Wed—Jacob Machado & Ryan Mack

Thu—Juan Madrid & Christopher Marbury

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 14, StA, 5 p.m., +Willy Williamson

-Sat, Dec 14, StB, 5:30 p.m., People in our region/visitors

-Sun, Dec 15, StB, 7 a.m., +Robert Davlin

-Sun, Dec 15, OLS, 9:30 a.m., Doug and Geri Frost

Weekday Masses

-Mon, Dec 16, StA, 8:30 a.m., Morgan Hale

-Tue, Dec 17, OLS, 7:30 a.m., Doug McPhail

-Wed, Dec 18, StB, 8:30 a.m., Timothy and Jodee Seitz

-**Thu, Dec 19, OLS, 8:30 p.m.**, Lynn/Dale Ann Davenport

-**Fri, Dec 20, OLS, 8:30 a.m.**, John and Julie Kleinhenz

Mass Intentions and Schedule for StP and StI

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

-Sun, Dec 15, StP, 10 a.m., Larry and Janice Gross

-Sun, Dec 15, StI, 1 p.m., People in our region/visitors