

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?]

Website Difficulties (Not Able to Update)

Someone from Cincinnati, Ohio let us know that our December 15 bulletin disappeared from our website. There is some kind of software problem for now, so please take a paper copy of the bulletin if you need one.

Please Welcome Father Grzegorz Cioch This Weekend

He will be at StB for all three Masses and at OLS.

US Air Force Academy Cadet Choir Coming

On Martin Luther King weekend (January 17-19), the cadets will sing at on Saturday evening and Sunday morning—churches to be determined. The cadets would arrive on Friday evening about 8 p.m. and depart after Mass on Sunday.

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 43. God wants all of us to be saved. The Father says, “I want them to conquer and receive from Me the glory of victory when they have proved their virtue. No one need fear any battle or temptation of the devil that may come, for I have made you strong and given your wills power in the blood of My Son.”

“You cannot arrive at virtue except through knowing yourself and knowing Me. And this knowledge is more perfectly gained in time of temptation, because then you know that you are nothing....”

God permits the demons to tempt us in order for us to call upon Him in prayer and the sacraments, and to grow in virtue. Also, for those who go to hell, the devil is the executioner of torment.

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.

[Fr. Peter int.; Timothy/Jodee Seitz; Fr. Michael int.]

Our Lady of the Snow, 5 p.m. [Fr. Michael intention]

St. Anne, 5 p.m. [Blessings on volunteers]

-Wednesday, December 25

St. Bernard, 7 and 9 a.m. [+J. Davlin; Fr. Ryan int.]

Our Lady of the Snow, 9:30 a.m. [Jennifer Armstrong]

St. Peter (Kremmling), 10 a.m. [Cov. Brk]

St. Ignatius (Walden), 1 p.m. [Blessings on volunteers]

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!

Mary, Mother of God Mass Schedule (Holy Day)

This Holy Day also falls on a Wednesday like Christmas.

-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.

Calendar of Events

-Dec 31-Jan 1 (Tue pm and Wed).

Holy Day of Obligation

-Jan 18-19 (Sat-Sun). USAFA cadets sing:

Sat: StB at 4 and 5:30 p.m. and StP at 10 am

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

Mass Collections, December 14 – 15

St. Anne	\$ 2040
St. Bernard	3128
Our Lady of the Snow	1505
St. Peter	7461
St. Ignatius	500
Total	\$14634

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat—Christian Mast & Carlos Valasquez

Sun—Christopher Mellen & Miguel Mendoza

Mon—Zachary Michalczyk & Javier Moreton

Tue—Paulo Mori & Samuel Munson

Wed—Antonio Pasquinucci & Anthony Phan

Thu—Michael Pitio & Daniel Ramirez

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, Dec 21, StA, 5 p.m., Larry and Susie Poehler

-Sat, Dec 21, StB, 4 p.m., +Linola Tetreault

-Sat, Dec 21, StB, 5:30 p.m., People in our region/visitors

-Sun, Dec 22, StB, 7 a.m., Norene Davlin

-Sun, Dec 22, OLS, 9:30 a.m., Mary Wells

Weekday Masses

-Mon, Dec 23, StA, 8:30 a.m., Mark and Karla Ludwig

-No Tuesday morning Mass

-Tue–Wed, Dec 24–25: Christmas. See schedule to the left

-Thu, Dec 26, **OLS, 9:30 a.m.**, Gary and Mary Ludwig

-Fri, Dec 27, **OLS, 8:30 a.m.**, Steve, Debbie Ludwig

Mass Intentions and Schedule for StP and StI

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

-Sun, Dec 22, StP, 10 a.m., People in our region/visitors

-Sun, Dec 22, StI, 1 p.m., Mark and Debbie Goulette