

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. We all must go to Confession.

Consider examining your conscience based on the following strong emotions and dispositions and other items. By purposely holding on to these emotions, we let them get in the way of our relationship with God. They block us from receiving His love and from loving God and our neighbor. When we come to Confession, it is best to confess the kind of sin and the number of times it was committed. For example, “Bless me, Father, for I have sinned. It has been two months since my last confession. I got drunk three times.”

These strong emotions or dispositions may come in groups or clusters. Many times we have bitterness, which then harbors resentment and un-forgiveness. Let Jesus heal you in the confessional, or else negative emotions and attitudes will become a spiritual cancer.

Examination:

1. Bitterness, resentment, hatred, un-forgiveness, violence, temper, anger, retaliation
2. Rebellion, self-will, stubbornness, disobedience, anti-submissiveness
3. Strife, family strife, hatred of parents, hatred of siblings, hatred of children, hatred of spouse, contention, bickering, argument, quarreling, fighting, yelling, racism
4. Control, manipulation, possessiveness, dominance
5. Retaliation, destruction, spite, hatred, violence, sadism, hurt, cruelty, meanness
6. Accusation, judging, criticism, faultfinding
7. Rejection, fear of rejection, rejection of self, abandonment, isolation, hatred
8. Insecurity, inferiority, self-pity, loneliness, timidity, shyness, inadequacy, ineptness
9. Jealousy, envy, suspicion, distrust, selfishness
10. Withdrawal, pouting, daydreaming, fantasy, pretending, unreality
11. Escape, indifference, stoicism, passivity, sleepiness, alcohol, drugs
12. Passivity, indifference, listlessness, laziness, funk
13. Depression, despair, despondency, discouragement, defeatism, negativism, dejection, hopelessness, insomnia, morbidity
14. Heaviness, gloom, burden, disgust
15. Worry, anxiety, fear, dread, apprehension
16. Nervousness, tension, headache, nervous habits, nail-biting, restlessness, excitement, insomnia
17. Sensitiveness, preoccupation with self, fear of man, fear of disapproval
18. Fear of persecution, unfairness, fear of judgment, fear of condemnation, fear of accusation, fear of reproof, sensitiveness, abandonment, isolation
19. Paranoia, jealousy, envy, suspicion, distrust, fear of persecution, confrontation
20. Confusion, frustration, incoherence, forgetfulness
21. Doubt, unbelief, skepticism
22. Indecision, procrastination, compromise, confusion, forgetfulness, indifference
23. Self-deception, self-delusion, pride
24. Confusion, fear of man, fear of failure, involvement in occult practices
25. Intellectualism, rationalization, pride, egotism
26. Fears of all kinds (hysteria, phobias)
27. Fears of authority, lying, deceit, manipulation, intimidation
28. Pride, egotism, vanity, self-righteousness, superiority, self-importance, haughtiness, arrogance
29. Affectation, theatrics, “drama queen,” playacting, sophistication, pretending, immodesty
30. Covetousness, stealing, material lust, greed, discontent, selfishness
31. Perfectionism, (false) pride, vanity, egotism, frustration, criticism, irritability, intolerance, anger
32. Competition, driving, pushy, argumentative, pride, egotism
33. Impatience, agitation, frustration, intolerance, resentment, criticism
34. False burden, false responsibility, false compassion
35. Grief, sorrow, heartache, heartbreak, crying, sadness, cruel, over-grieving the loss of a loved one
36. Fatigue, tiredness, weariness, laziness [because of not taking care of oneself]
37. Hyperactivity, restlessness, driving spirit, (lots of) pressure, “workaholicism”
38. Cursing, blasphemy, gossip, criticism, backbiting, mockery, belittling, railing
39. Addictive and compulsive, sugar (food/alcohol), nicotine, alcohol, drugs, caffeine, gluttony, sleeping (to avoid life’s difficult situations), overeating, over-gambling, over-shopping
40. Gluttony, nervousness, compulsive eating, resentment, frustration, idleness, self-pity, self-reward
41. Self-accusation, self-hatred, self-condemnation, self-pity

42. Guilt, condemnation, shame, unworthiness, embarrassment
43. Sexual impurity, lust, fantasy lust (sexual daydreams) pornography, masturbation, promiscuity, sexual acts that are not open to life (not what God intended sex to be)
44. Most R-rated movies, all X-rated movies
45. Cults, Lodges, secret societies, Freemasonry
46. Occult (trying to gain supernatural power or knowledge apart from God—very dangerous to the soul), Ouija board, palm reading (palmistry), handwriting analysis, automatic handwriting, ESP, hypnotism, horoscope, astrology, levitation, fortune telling, water witching, tarot cards, pendulum, witchcraft, Wicca, black or white magic, conjuring spirits (conjunction), incantation, charms of protection, crystals or crystal balls, trolls, yoga (which is a way of practicing Hinduism; the First Commandment tells us to love God with all our being, so we do not practice non-Christian religions), tai chi, Reiki, Feng Shui, transcendental meditation, energy healing, séance, table or body lifting, reincarnation, Dungeons & Dragons, channeling, mental telepathy, psychic healing or hotline, books on witchcraft or new age, voodoo, fascination with demons or occult, Edgar Cayce, mind control, magic spells, satanic pacts or worship, family or relatives in occult, visited non-Christian shrine, Freemasonry, self-sufficiency, superstition, Course in Miracles, dream catcher
47. Legalistic mindset, doctrinal error, afraid of God, fear of going to Hell, fear of losing salvation, scrupulosity, religiosity
48. Music with lyrics that leads us away from God, heavy metal, black metal, acid rock, etc.

Christmas Masses: “O Come Let Us Adore Him”

This year we will have Christmas Masses in our Church at St. Bernard in Fraser, not in the food court at the ski lodge. This is our third notice in the bulletin regarding this change. See the July 17 and August 28 bulletins, where we stated our reasons and answered questions. Here is part of the August 28 bulletin:

The following short statement was posted in the bulletin on July 17:

More Mass Options for Christmas

Recently, our parish council met with Fr. Joseph and Fr. Michael to discuss our Christmas Masses. The decision was unanimous that we should move our Christmas Eve Mass from Winter Park Ski Resort to St. Bernard of Montjoux Church in Fraser. Obviously, we will offer multiple Masses to accommodate our

visitors. Several reasons were given for this move: (1) “We want to welcome visitors to ‘our home’ where God dwells”; (2) the celebration of Mass should have a more reverential setting; and lastly (3) the local parishioners want more options for Mass times.

Quick Reflections

1. The three kings and their caravan of about 200 people traveled a month following the mystic star in order to find the newborn King, Jesus.
2. Jesus was born in an intimate setting. We want people to have an intimate “Bethlehem experience” in our church.
3. The Last Supper, which was the first Mass, was an intimate experience.
4. Church law (canon 932.1) states that Mass is supposed to be celebrated in a sacred space using a consecrated altar.
5. The Mass is to be majestic. Here is a quote from the Council of Trent: “The Sacrifice [of the Mass] is celebrated with many solemn rites and ceremonies, none of which should be deemed useless or superfluous. On the contrary, all of them tend to display the majesty of this august Sacrifice, and to excite the faithful when beholding these saving mysteries, to contemplate the divine things which lie concealed in the Eucharistic Sacrifice.”

Think: The King of kings, the Lord of lords, the Savior of the world deserves to be worshipped in a sacred space.

In a reverent atmosphere, using a sacred altar, and where Jesus is present in the Tabernacle, the whole congregation—priest and people—will be more prayerful and more Divine graces will flow.

6. People usually enter the Catholic Church (Holy Mother Church) by one of two doors. The two doors are intelligence and beauty. Many scholars and intellectuals find the truth and enter the door of intelligence. The second door of beauty is open to anyone. People especially enter the second door when they have childlike wonder. Our goal is to make our churches beautiful and our Masses beautiful. The homily feeds the intellect (mind) and the will (heart).

7. Please understand this was not a quick decision. It has been in the works for years with prayer and discussion.

Christmas Mass Schedule:

Saturday, December 24

- St. Ignatius, 4 p.m., St. Anne, 7:30 p.m.
- St. Bernard, 5 & 7 & 9 p.m.

Sunday, December 25

- St. Bernard, 7 & 9 a.m.
- Our Lady, 9:30 a.m.; St. Peter, 11:30 a.m.

Please Pay Attention to the Daily Mass Schedule this Week There are a few changes in times, and there is a First Friday and Saturday Mass at Our Lady of the Snow.

Gems of Wisdom from the *Diary* of Saint Faustina

895. January 23, [1937]. I did not feel like writing today. Then I heard a voice in my soul: **My daughter, you do not live for yourself but for souls; write for their benefit. You know that My will as to your writing has been confirmed many times by your confessors. You know what is pleasing to Me, and if you have any doubts about what I am saying, you also know whom you are to ask. I grant him light to pronounce judgment on my case. My eye watches over him. My daughter, you are to be like a child towards him, full of simplicity and candor. Put his judgment above all My demands. He will guide you according to My will. If he doesn't allow you to carry out My demands, be at peace; I will not judge you, but the matter will remain between Me and him. You are to be obedient.**

Solemnity of the Immaculate Conception

Holy Day of Obligation

Thursday, December 8

- St. Bernard, 8:30 a.m.
- St. Anne, 5 p.m.
- Our Lady of the Snow, 6:45 p.m.
- St. Ignatius, 4:30 p.m.
- St. Peter, 7:30 p.m.

Symbolic Meaning of the Advent Wreath

The wreath has a circular shape, which has no beginning or end, perfectly symbolizing the eternity of God and His love, and the everlasting life that Christ wants to give all of us.

The different types of branches traditionally used in Advent wreaths are all from evergreen trees, trees that remain green even during the coldest, darkest days of winter. They remind us that Christ's love remains fresh and strong even in life's most difficult moments—He never abandons us.

Traditional wreaths include laurel and holly branches. The laurel branch was an ancient symbol of victory; it reminds us that on the first Christmas Christ came to bring victory over sin and Satan. The holly branches are bordered with small, prickly edges, reminding us of Christ's crown of thorns, of the suffering by which He won victory over sin and evil.

The four candles represent the four weeks of Advent. Some traditions also say that they represent four thousand years—a period of time that Christians used to believe passed between the Fall of Adam and Eve and the Birth of Jesus. The light of the candles represents Christ himself, who is the light of the world: His Word shows us how we should live, and His love, expressed especially in the Eucharist, fills our hearts with comfort, like the warmth of a supernatural fire. We light the candles gradually throughout Advent, because we know

that the joy of salvation doesn't come fully into our lives all at once. Rather, life as a Christian is a journey, a relationship with Jesus that has to be constantly renewed, just as a new candle is lit each week. If we are faithful to this friendship and don't abandon our journey, the fullness of joy will eventually be ours.

Second Collection for Christmas Families

We will take a second collection this weekend in order to sponsor 4 or 5 poor local families for Christmas.

Is there anyone who will help Mary Pat Himes with the shopping for these families? Call her at 970.531.1935.

US Air Force Academy Cadet Choir Coming

On Martin Luther King weekend, the cadets will sing at St. Bernard, Sat, 7:30 p.m. and St. Peter, Sun, 10 a.m.

Calendar of Events

-Dec 8 (Thu). Immaculate Conception—Holy Day

Mass Collections, November 19 – 20

St. Anne	\$ 1223
St. Bernard	859
Our Lady of the Snow	3137
St. Peter	1082
St. Ignatius	278
Total	\$ 6579

Vocations Prayer Calendar

Please pray for our seminarians every day.

Sat--Jusin Doerr & Christopher Marbury

Sun--Christian Mast & Nicolas Nunez

Mon--Cristian Rivera & Daniel Wolbach

Tue--John Almeida & Adam Bradshaw

Wed--Christpher Considine & Tommy Croghan

Thu--Felipe da Silva & Peter Francis

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 26, StA, 5 p.m., Dick Adams

-Sat, Nov 26, StB, 7:30 p.m., Parishioners and visitors

-Sun, Nov 27, StB, 7 a.m., +Dylan Moseley

-Sun, Nov 27, OLS, 9:30 a.m., Repose of Souls

Weekday Masses

-Mon, Nov 28, StA, 8:30 a.m., Monique Gonzalez

-Tue, Nov 29, OLS, **9 a.m.**, Repose of Souls

-Wed, Nov 30, StB, 8:30 a.m., Ken and Trudy Rozas Fam

-**Thu**, Dec 1, **OLS, 8:30 a.m.**, Priest intention

-**Thu**, Dec 1, **OLS, 5:30 p.m.**, Lynda Parker

-**Fri**, Dec 2, **OLS, 10 a.m.**, Priest intention

-**Fri**, Dec 2, **OLS, 6 p.m.**, Ted and Lynda Parker

-**Sat**, Dec 3, **OLS, 8:30 a.m.**, David and Monica Hixson

Mass Intentions and Schedule for StP and StI

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

-Sat, Nov 26, StI, 4 p.m., Parishioners and visitors

-Sun, Nov 27, StP, 10 a.m., Lewis and Lorraine Reliford