



Immaculate Conception

Catholic Church † Mission of the Sacred Heart

865 Hatchell Lane (70726); P. O. Box 1609
Denham Springs, LA 70727

The Grapevine

Phone (225) 665-5359 • Fax (225) 665-4422
www.icc-msh.org • churchoffice@icc-msh.org

December 13, 2015
Third Sunday of Advent
Volume 38 • Number 49

PASTORAL STAFF:

Rev. Frank M. Uter. Pastor
Rev. Amal Raj, I.M.S. Associate Pastor
Ronnie Dugas. Parish Administrator
Mike Chiappetta Permanent Deacon
Peter Schlette. Permanent Deacon
Rudy Stahl. Permanent Deacon

MASS SCHEDULE

Saturday Vigil. 4:00 p.m.
Sundays . . . 7 a.m., 9 a.m., 9a.m. (MSH), 11 a.m. & 6 p.m.
Monday-Wednesday-Thursday-Friday-8:30 a.m.
Tuesday . . . 6:00 pm followed by Novena/Benediction
Holy Days. As announced

SACRAMENT OF RECONCILIATION

Tuesday 5:30-5:45 p.m.
Friday 8:00-8:20 a.m.
Saturday 2:45-3:45 p.m.
Other times as announced or by appointment.

BAPTISMS: Notify Parish Office during pregnancy. Instruction for parents and godparents is required.

MARRIAGE: Contact the Parish Office at least six months before desired date.

PRAYER LINE: (confidential ministry)
Contact Ms. Pat Pastor at 664-1097.

CARE OF THE SICK: Emergency calls answered immediately. Home visitation for the sick and shut-in weekly and upon request. Hospital visits weekly and upon request.

CHRISTIAN BURIAL: Please make arrangements by calling the Parish Office.

PERPETUAL EUCHARISTIC ADORATION CHAPEL:

Open 24 hours a day, seven days a week.
Contact Allison Renfrow at 665-1424.

Information or news for the Grapevine (published weekly) should be called in to the Parish Office at least two weeks prior to the event.



Celebrate Mercy!

The Sacrament of Reconciliation

"The Light is On for You"

Wednesday, December 16 & 23, 2015
from 6:00-7:30 p.m. at Immaculate Conception
(also available at 2 area churches Our Lady of Mercy and St. George, Baton Rouge)

Tuesday, December 15 and 22 at 5:30 p.m.
Friday, December 18 at 8:00 a.m. and
Saturday, December 19 at 2:45 p.m. at
Immaculate Conception

Communal Reconciliation Services
Most Blessed Sacrament Church, Baton Rouge
Tuesday, December 15 at 7 p.m.
St. Aloysius Church, Baton Rouge
Wednesday, December 16 at 7:00 p.m.

MISSION STATEMENT

Immaculate Conception Church Parish and the Mission of the Sacred Heart is a welcoming community, centered in the Eucharist, rooted in faith, growing in fellowship, and sharing in unity the mission Christ entrusted to us.

—Directory—

Church Office-665-5359; (Hours: M-F, 8 a.m. 5 p.m.)

Bookkeeper: Mrs. Michelle Holmes; ext. 203
Bulletin Editor/Website: Mrs. Elaine Matherne; ext. 224
Receptionist: Mrs. Denise Gibson; ext. 200
Parish Nurse:
 Mrs. Stephanie Gaudin; ext. 207; nurse@icc-msh.org

Liturgy—665-5359

Liturgy Coordinator: Deacon Rudy Stahl; ext. 215
Liturgy Coordinator Assistant/Baptism Coordinator:
 Mrs. Sherry Leger; ext. 214
Adult Formation: Deacon Rudy Stahl
R.C.I.A. Coordinator: Mrs. Judy Graphia; 665-9631

Maintenance Office—665-2281

Parish School of Religion Office—665-5926

Coordinator for Grades 1-6:
 Mrs. Barbara Normand; ext. 227
Coordinator for Grades 7-10:
 Mrs. Gwen Richard; ext. 223
Parish School of Religion Secretary/Site Child Protection Officer: Mrs. Jane Stahl; ext. 208
Youth Minister: Mr. Kevin Acord; ext. 209

Early Learning Center—664-8968

ELC Director: Mrs. Mandy Haley; ext. 210
Asst. Director: Mrs. Karen Smith; ext. 210

St. Vincent de Paul—665-1623

CommUnity Hands—667-9015

Readings For The Week of December 13

Sunday: Zep 3:14-18a/Is 12:2-6/Phil 4:4-7/Lk 3:10-18
 Monday: Nm 24:2-7, 15-17a/Ps 25:4-9/Mt 21:23-27
 Tuesday: Zep 3:1-2, 9-13/Ps 34:2-3, 6-7, 17-19, 23/Mt 21:28-32
 Wednesday: Is 45:6b-8, 18, 21b-25/Ps 85:9-14/Lk 7:18b-23
 Thursday: Gn 49:2, 8-10/Ps 72:1-4, 7-8, 17/Mt 1:1-17
 Friday: Jer 23:5-8/Ps 72:1-2, 12-13, 18-19/Mt 1:18-25
 Saturday: Jgs 13:2-7, 24-25a/Ps 71:3-6, 16-17/Lk 1:5-25
 Next Sunday: Mi 5:1-4a/Ps 80:2-3, 15-16, 18-19/Heb 10:5-10/Lk 1:39-45 ©Liturgical Publications, Inc.

—Formation— (continued on page 5)

Stump the Deacon!



What is the Church's stance on gambling?

Games of chance, even wagers or bets are not in themselves sinful. However, "They become morally unacceptable when they deprive someone of what is necessary to provide for his needs and those of others." (CCC 2413) Gambling is dangerous and should be avoided as can become addictive and lead to emotional enslavement. The church also considers unfair wagers and cheating at games a grave matter that falls under the 7th commandment: Thou shalt not steal. I hope my golf buddies read this!

—Deacon Rudy Stahl



We offer our congratulations and prayers to the children who were baptized recently:

Ella Grace Bankston
Benjamin Matthew Haynes
Mason Todd Millet

UPCOMING EVENTS—2015/2016

- December 13 . Breakfast with St. Nicholas; 8 a.m.-12 p.m.
- December 16 Reconciliation: The Light is On for You; 6 p.m.-7:30 p.m.
- December 18Early Learning Center Christmas Pageant; 9:30 a.m.-11 a.m.
- December 23 Reconciliation: The Light is On for You; 6 p.m.-7:30 p.m.
- December 23 . Alzheimer's Caregivers Support Group @ 6 p.m.
- December 24Christmas Vigil Masses; 4 p.m., 7 p.m.
- December 25Christmas Masses; 12 p.m., 7 a.m., 9 a.m., 11 a.m.
- December 29 . . .Mighty Moms Pantry Distribution; 9 a.m.-12 p.m.
- December 31 . . .Solemnity of Mary Vigil Mass @ 4 p.m.
- January 1Solemnity of Mary Masses @ 8:30 a.m., 12 p.m., 7 p.m.
- January 5 . Financial Peace University Preview @ 7 p.m.
- January 6Great Adventure: Galations @ 6:30 p.m.
- January 9/10Spiritual Adoption of an Unborn Baby
- January 15Confirmation @ 7 p.m.
- January 16/17 . . . Cemetery for the Unborn at all Masses
- January 23 . Ministry Appreciation Dinner/Dance @ 5 p.m.
- January 24Respect Life Candle Light Vigil @ 7 p.m.
- January 27 . . Alzheimer Caregivers Support Group @ 6 p.m.
- January 28 . Walking with Mary Study Program @ 9 a.m. (13 week program)
- February 10 . . Ash Wednesday Masses; 8:30 a.m., 12 p.m., 5 p.m., 7 p.m.
- February 12Lenten Supper: KC's @ 5 p.m.
- February 13R.C.I.A. Lenten Retreat; 8 a.m.-11 a.m.



We express our sympathy and prayers to Toni Lockwood, Christopher "Blue" Lockwood and Blake Lockwood on the death of her mother and grandmother, **EVELYN CORSENTINO**; and to Elaine Matherne on the death of her uncle, **PAUL COMTOIS**.

CONSIDERATION OF OUR CHRISTIAN COMMITMENT: OPEN



This Sunday as we begin the Third Week of Advent, the crowds as John the Baptist, “What must we do?” Christians have asked that question for centuries, as if we could achieve salvation and redemption by ourselves. It is easy to fall into the way of thinking that whether or not

we will go to heaven is tied to the sum of our activities in life, rather than our lives being an expression of gratitude for what we have been given. Jesus came into the world because we could not redeem or save ourselves. HE SAVED US! Our own efforts would never have been sufficient. What the good Lord asks of us is to believe and respond. Our lives should be a response to what we have been given, not an effort to receive as though redemption had never been offered. This Sunday brings together the themes of rejoicing and the Year of Mercy, **We rejoice because mercy has been extended to us, and we extend mercy to others in gratitude for what has been given.** This is what is known as a grateful response.

St. Vincent de Paul, 150 years was founded in downtown Baton Rouge at St. Joseph Cathedral. There will be a celebration this Sunday at the noon Eucharist at the Cathedral. There is a bit of history there which I enjoy sharing. Several years earlier, a young man, William Blair Lancaster, went to Paris to study at the Sorbonne University and there he met John Fredrick Ozanam who was working with university students and



bringing them together to help the poor. To make a long story short, John Fredrick Ozanam founded the St. Vincent de Paul Society with these university students, and so impressed young Blair, that he became Catholic and John Fredrick Ozanam was his sponsor. When he returned to New Orleans, he knocked on the door of St. Patrick Church and asked about helping to establish St. Vincent de Paul in New Orleans. The young priest answering the door was Fr. Cyril Delacroix, in his first assignment after being ordained in France. In 1865, Fr. Delacroix became pastor of St. Joseph Parish and one of the first things he did in Baton Rouge was establish the St. Vincent de Paul Society here. Fr. Delacroix served the rest of his life at St. Joseph's and

when he died, was buried near the side aisle within the Cathedral. In the early 1990's when preparing for the Bicentennial of the Cathedral parish, I brought a group to France to visit the parish in Normandy where Fr. Delacroix was born and raised. He was a very good and saintly priest. It is good to see what he helped found in the United States continue in Baton Rouge and here in Denham Springs. I have asked around but not been able to find out when the St. Vincent de Paul Society was founded here in Denham Springs. If anyone knows, please let us know.



The Mighty Moms will have their Holiday Pantry on Tuesday, December 29 from 10-12 near the drop-off for the Faith Formation Center. They have really grown this year and have a temporary building on our campus to help prepare the bags for individual children. They are feeding more children and more families than ever before, and are collecting food items from groups, schools, and churches again this year. **They have asked us to collect Peanut Butter this**


month? We have placed a “Peanut Butter Box” in the church foyer which will remain there through the 27th of December. If you can help fill it – again and again – all, especially those we serve, will appreciate it.

The Liturgical Commission when discussing Sunday Liturgies at Leadership Night said it would be good if we could try and focus on families, especially families with children at the 11:00 Eucharist. Of course all our Sunday Liturgies speak to all, and while at the Youth Mass at 6:00 we may have the Youth Band and younger ministers, still the Liturgy is pretty much the same as offered at the other five celebrations. This is pretty much what they were suggesting for the 11:00 Eucharist. Already at the 11:00 Eucharist we occasionally have the Children's Choir, the Nursery and Children's Church. They thought it would be nice to have whole families bringing up the gifts, children with parents. There are many ways in which we could perhaps focus more on families at this celebration and we hope to move more in this direction in the coming months.

It has been good to receive the response of so many concerning the new floors and pews. One thing might not be quite as evident – the new light bulbs. The brightness of the new bulbs in the chandeliers, make everything look better. Some even thought we had painted the trusses and ceiling. Thanks. Let us pray for each other as we move toward Christmas, Love.

Fr. Delacroix

Immaculate Conception Church December 13 — December 26, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13 7:00 AM - 8:00 AM Sunday Mass/C 8:00 AM - 11:00 AM Breakfast with St. Nick/MH 9:00 AM - 11:00 AM RCIA-RCIC/SH/E3 9:00 AM - 10:00 AM Sunday Mass/C 9:00 AM - 10:00 AM Mass/MSH 9:00 AM - 12:00 PM Nursery/ELC4 11:00 AM - 12:00 PM Sunday Mass/C 11:00 AM - 12:00 PM Children's Lit./SH 12:15 PM - 1:30 PM Baptisms/C 4:00 PM - 5:45 PM Praise Band/C 4:30 PM - 5:30 PM PSR 6 - 10/FFC 6:00 PM - 7:00 PM Sunday Mass/C</p>	<p>14 9:15 AM - 2:00 PM ELC/ELC Rooms 12:00 PM - 1:00 PM AA Meeting/SH 4:30 PM - 5:30 PM PSR 1 - 8/FFC 6:30 PM - 7:30 PM PSR 1-10/FFC 6:30 PM - 7:30 PM Choice Wine - For Married Couples/R2 6:30 PM - 8:30 PM Cub Scouts Party/MH 6:30 PM - 7:30 PM Brownie Troop #12601/ELC4 7:00 PM - 8:00 PM Baptism Seminar/C</p>	<p>15 9:00 AM - 12:00 PM G A: Acts/SH 9:15 AM - 2:00 PM ELC/ELC Rooms 12:00 PM - 1:00 PM AA Meeting/SH 5:30 PM - 6:00 PM Reconciliation/C 5:30 PM - 7:00 PM Girl Scouts # 10215/TB16 6:00 PM - 7:00 PM Jr. High/PMAC 6:00 PM - 6:30 PM Mass/C 6:30 PM - 7:00 PM Nov/Bene/C 7:00 PM - 8:00 PM Adult Choir/C</p>	<p>16 8:30 AM - 9:00 AM Mass/C 9:15 AM - 2:00 PM ELC/ELC Rooms 9:30 AM - 11:30 AM Small Faith /R2 11:00 AM - 12:00 PM ELC Music/ELC3 12:00 PM - 1:00 PM AA Meeting/SH 4:30 PM - 5:30 PM PSR 1 - 6/FFC 5:30 PM - 6:30 PM Children's Choir/C 6:00 PM - 7:30 PM Reconciliation/C 6:30 PM - 7:30 PM PSR 1-6/FFC 6:30 PM - 7:30 PM PSR 1-10 MSH</p>	<p>17 8:30 AM - 9:00 AM Mass/C 9:15 AM - 2:00 PM ELC/ELC Rooms 12:00 PM - 1:00 PM AA Meeting/SH 5:00 PM - 6:00 PM Girl Scouts #10749/TB16 7:00 PM - 8:30 PM Cub Scout Committee/SH 7:00 PM - 8:30 PM TMiy/R2 7:00 PM - 9:00 PM Boy Scouts/TB 7:00 PM - 8:30 PM High School Youth/PMAC</p>	<p>18 8:00 AM - 8:25 AM Reconciliation/C 8:30 AM - 9:00 AM Mass/C 9:00 AM - 1:00 PM ELC Christmas Party/MH 12:00 PM - 1:00 PM AA Meeting/SH 7:00 PM - 9:00 PM Charismatic Prayer Group/C 7:00 PM - 9:00 PM The Letters Movie Youth Event/PMAC</p>	<p>19  Fourth Sunday of Advent 12:00 PM - 1:00 PM AA Meeting/SH 2:45 PM - 3:45 PM Reconciliation/C 4:00 PM - 5:00 PM Sunday Mass/C</p>
<p>20 7:00 AM - 8:00 AM Sunday Mass/C 9:00 AM - 10:00 AM Sunday Mass/C 9:00 AM - 10:00 AM Sunday Mass/MSH 9:00 AM - 12:00 PM Sunday Nursery/ELC4 11:00 AM - 12:00 PM Sunday Mass/C 12:00 PM - 4:00 PM Aid-4 Advent Service Day/PMAC 6:00 PM - 7:00 PM Sunday Mass/C</p>	<p>21 12:00 PM - 1:00 PM AA Meeting/SH 6:30 PM - 8:30 PM Catholic Daughters/MH</p>	<p>22 9:00 AM - 2:00 PM Art Council/ELC3 12:00 PM - 1:00 PM AA Meeting/SH 5:30 PM - 6:00 PM Reconciliation/C 6:00 PM - 6:30 PM Mass/C 6:00 PM - 7:00 PM Jr. High School/PMAC 6:30 PM - 7:00 PM Novena/Benediction/C 7:00 PM - 8:00 PM Adult Choir/C</p>	<p>23 9:30 AM - 11:30 AM Small Faith Group/R2 11:00 AM - 12:00 PM ELC Music/ELC3 12:00 PM - 1:00 PM AA Meeting/SH 6:00 PM - 7:30 PM Reconciliation: The Light is on for you/C 6:00 PM - 7:30 PM Alzheimer Caregivers Support Group/R2</p>	<p>24 CHRISTMAS EVE CHURCH OFFICE CLOSED 12:00 PM - 1:00 PM AA OPEN/R2 4:00 PM - 5:15 PM Christmas Eve Mass/C 7:00 PM - 8:15 PM Christmas Eve Mass/C 11:00 PM - 12:00 AM Christmas Music/C 12:00 AM - 1:00 AM Christmas Midnight Mass/C</p>	<p>25 CHRISTMAS DAY CHURCH OFFICE CLOSED 7:00 AM - 8:00 AM Christmas Mass/C 9:00 AM - 10:00 AM Christmas Mass/C/MSH 11:00 AM - Christmas Mass/C NO EVENING MASS</p>	<p>26 12:00 PM - 1:00 PM AA Meeting/SH 2:45 PM - 3:45 PM Reconciliation/C 4:00 PM - 5:00 PM Sunday Mass/C</p>

2016 Calendars are available at the entrance of the Church. Please take one per family.

Liturgical Ministers needed for the Christmas Liturgies. A Sign-Up Sheet is available in the Sacristy.



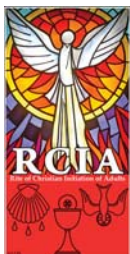
(12/12/15-12/20/15)

Saturday: 12/12/15—4 p.m. Mary & Virgil Brown†; Sam Guzzardo†; Ron Rinker†; Lindell Gill†; Rev. Dominico Do Nguyen†; Dominico Lien Nguyen†; Butch Calmes†; Jeanne Matthews†; Rose T. Furnish†; Ignatius Nguyen†; M/M John Guillory†.
Sunday: 12/13/15—7 a.m. Bill Collier†; Merlin & Lucy Coco, Greg Coco†; Ralph Stowe†; Brian Thomas†; Louella Blanchard†. **9 a.m.—** Byrle Sterba†; Alex Theriot, Jr.†; Phillip John Bilski†; Donald Lavigne & Jeremy Berthelot†; Jeanette Aucoin†; Anna Hien Nguyen†; Anna Duoc Nguyen†; Peter Pham†; Nicolosi Family. **9 a.m.—(MSH)** Lynwood Stafford, Jr.†. **11 a.m.** Dane Bananno†; Garrett Minard†; Doris R. Byrd†. **6 p.m.** Parishioners. **Monday: 12/14/15—8:30 a.m.** Elmig Leger†. **Tuesday: 12/15/15—6:00 p.m.** Layne Pollard†.
Wednesday: 12/16/15—8:30 a.m. Sam Guzzardo†.
Thursday: 12/17/15—8:30 a.m. Charles Valenti, Jr.†.

Friday: 12/18/15—8:30 a.m. M/M John Durand†. **Saturday: 12/19/15—4 p.m.** Connie Jones†; George McLaughlin†; John Maruschak†; Sam Guzzardo†; Jeanne Matthews†; Dominico Phung Nguyen†; Bernice Fontenot†; Rose T. Furnish†; Dominico Binh Nguyen†; M/M Ray Thibodeaux. **Sunday: 12/20/15—7 a.m.** Parishioners. **9 a.m.** Bob Fennell, Sr.†; Alex Theriot, Jr.†; Jeanette Aucoin†; Donald Lavigne & Jeremy Berthelot†; John “Jay” Bond, II†; Dominico Thuong Nguyen†; Dominico Trung Nguyen†. **9 a.m.—(MSH)** Edward Rayner, III†; Lynwood Stafford, Jr.†. **11 a.m.** Dane Bananno†; Doris R. Byrd†; Palina Tafilaj†; Dupuy Family. **6 p.m.** Butch Calmes†; Phillip John Bilski†; Walter Abadie†;

CHURCH SANCTUARY LAMP: 12/13/15—12/19/15 burns in memory of **DANE BANANNO**.
ADORATION CHAPEL LIGHT: 12/13/15—12/19/15 burns in memory of **THOMAS E. MAHER**.

—Formation—

**Rite of Christian Initiation of Adults****R.C.I.A. Phase Two: The Catechumenate**

The R.C.I.A. sessions will resume on Sunday, January 3, 2016.

**Parish School of Religion News
Dates to Remember!**

- December 13-16; Semester Ends
- December 20-January 20; Winter break—No Classes
- January 10; Confirmation Day of Prayer @ St. Joseph Cathedral; Mass at Noon
- January 13; Confirmation Practice; 7-8 p.m. in Church
- January 15; Sacrament of Confirmation; Mass begins at 7 p.m.; Candidates report to Main Hall by 6 p.m.
- January 24; Parish School of Religion Resumes

REMINDER:
BREAKFAST WITH ST. NICHOLAS
SUNDAY, DECEMBER 13TH
8am-11am in the Main Hall

**ICC Bible In A Year
Scriptures for the week of 12/13/15**

12/13-Ex 7-9; 12/14-Ex 10-12; 12/15-Ex 13-15;
12/16-Ex 16-19; 12/17-Ex 20-23;
12/18-Ex 24-27; 12/19-Ex 28-30

—Worship—

**“A Festival of Nine Lessons and Carols”**

This year, the Adult Choir will be presenting “A Festival of Nine Lessons and Carols” prior to Midnight Mass. This is a traditional service consisting of songs and 9 scripture lessons recounting the fall of humanity, the promise of the Messiah, and the birth of Jesus. This is an excellent opportunity to peacefully reflect and meditate in preparation for Christmas Day. We hope you will join us at 11:00 p.m. on Christmas Eve for this special service.

—Community—

**Ladies Guild Christmas Gathering**

The Ladies Guild Christmas party will be held at 11:00 a.m. Thursday, December 17, at Big Mike’s on Aspen Road in Denham Springs. All ladies of the parish are invited (dutch treat).

Catholic Youth Leadership Awards

The Knights of Columbus is seeking candidates for the Catholic Youth Leadership Award. Cash prizes are presented to High School Seniors who show leadership in the Church, School and Community. The top prize is \$4,000. Please call Danny Bennett with nominations at 505-6062. Interested students and parents can obtain an application at <http://louisianakc.org/programs/cyla/>. Deadline for submission is January 31, 2016.


**\$500 Community Service Scholarship Award
Sponsored by: Catholic Daughters Court
Blessed Kateri Tekakwitha #2331**

This scholarship will be awarded in the Spring of 2016 to a graduate attending an accredited college or university. Area High School seniors are encouraged to apply (male or female). Applicant must be a member of Immaculate Conception Church/Sacred Heart Mission in Livingston. Deadline for submitting applications is January 15, 2016. For application or information, please contact: Alice Tassin at 225-686-2433 or JoAnn Martrain at 225-324-2904.

—Outreach— (continued on page 6)

ST. VINCENT DE PAUL ANGEL TREE GIFTS

We still have Angel Tags on our tree! Please take an Angel Tag from the Angel Tree and **purchase ALL gifts that are listed on the Angel Tag for each Angel**. Each Angel lists the child's specifics and his/her wish. Remember, what you give **will be all that the child gets for Christmas**.

Please return all Angel Gifts as follows:

- ◆ **UPWRAPPED IN A BAG**
- ◆ **Angel Tags attached to the outside of bag**
- ◆ **Place all gifts under the Angel Tree in the Church**
- ◆ **All gifts need to be here before December 16**

St. Vincent de Paul Christmas Food Drive

Food barrels are located at the entrance of the Church and the Main Hall for non-perishable food items during the holiday season. Items collected will be distributed for Thanksgiving and Christmas Food Baskets for the needy. Food items needed are cranberry sauce, macaroni and cheese, corn bread dressing mix, dry beans, cake mix, and rice. Cash donations are always welcome.

**Mighty Moms Holiday Pantry**

We need your help. We are asking Immaculate Conception to help us by bringing Peanut Butter to the designated box in the Church. Collection will continue until Sunday, December 27. Thank you for your generous contribution in helping feed those in need in our community. God Bless!

—Outreach—

Getting Through the Holidays While Grieving

“Blessed are those who mourn, for they will be comforted.” Matthew 5:4

The holiday season can be a mixture of feelings, especially if you are grieving the loss of a loved one. Celebrations take on a different meaning as you work through the many emotions of grief. It is so hard to think about gifts and fun and holidays when a loved one has died. Whether the loss is recent or old, you have to determine what kind of celebration and remembrance is right for you. Tackling the holidays after a loss is a work in progress. Make changes that feel right to you and honors those you have lost.

There are steps you can take, however to help give the holidays a new meaning. The holidays can become a time of peace and reflection, a time to cherish the gift your loved one has been-and continues to be-in the life of your family. Here are a few ideas that may help you begin the journey.

- **Be patient and realistic.** Often our high expectations lead to frustration at this time of the year. You are grieving so be kind and gentle with yourself. Leave the word *ought* out of the holiday season. Plan ahead so you are not overwhelmed. Grieving makes it hard to concentrate so make lists and prioritize what is the most important to you.
- **Listen to your heart and acknowledge your limits.** Spend some quiet time acknowledging your needs and desire. Share them with family and friends and have them share with you what their needs are. Say “no” and make your “yes” tentative. If it is too much to decorate the whole house, lawn etc., just decorate one room or one corner. Don’t drown your grief in food and alcohol but also do not deny yourself the pleasures of good food and companionship out of a sense of guilt. Take care of yourself and listen to your body.
- **Adapt cherished traditions.** Don’t scrap the whole idea of the holidays because of feeling overwhelmed. Do small things like make a donation of a gift or money to a charity; try new twist to old traditions-have dinner on Christmas Eve instead of Christmas day. Do whatever feels right for you and your family.
- **Allow the tears to come, but look for joy amidst the pain.** Unpacking the holiday decorations will mean unpacking not only warm, loving memories but heartaches as well. Don’t deny yourself the gift of healing tears. Sometimes all we can remember are the painful details surrounding our loved one’s death. This holiday season, try to also remember all the wonderful moments of your loved one’s life.
- **Focus on the spiritual dimension of the holidays.** In your own time and when it feels right, focusing on the underlying religious meaning of this time may help refashion the holidays. In this season of light, remember the light your loved one has brought to your life. Light a special candle-not in memory of a death, but in celebration of a life and a loved shared.

(Source: “Getting Through the Holidays When You’ve Lost a Loved One” by Darcie D. Sims)

—Worship—

Perpetual Adoration Chapel

Sun—Midnight-1 a.m.

Sun—9 a.m.-10 a.m.*

Sun—12 noon-1 p.m.

Mon—1 a.m.-2 a.m.*

Mon—2 p.m.-3 p.m.*

Tues—1 a.m.-2 a.m.*

Wed—Midnight-1 a.m.

Wed—7 a.m.-8 a.m.

Fri—12 a.m.-1 a.m.*

Sat—1 p.m.-2 p.m.*

Sat—5 p.m.-6 p.m.*

Sat—9 p.m.-10 p.m.*

Sat—10 p.m.-11 p.m.*

Sat—11 p.m.-Midnight

***No Committed Adorers**

**SUBSTITUTES ARE
NEEDED FOR ALL HOURS!**

“In the evening then, between seven and eight o’clock, I stay in front of the Blessed Sacrament for an hour in adoration (everyday).”

Pope Francis

REMINDER COMMITTED ADORERS: Please contact your **hourly coordinator first** if you are unable to keep your hour and have tried to get a sub. If unable to reach them, contact the Division Leaders/Assistants below:

12 Noon-5 PM—Melinda Mayeaux-603-2932

6 PM-11 PM—Theresa Rinker-664-8823; Angela Hood-664-8179

12 Midnight-5 AM-Allison Renfrow-978-1892

6 AM-11 AM—Mary Toler-664-0287

**If you would like to commit to an hour,
call Allison Renfrow at 978-1892.**

**The 1 p.m. hour on the last Sunday of the month is
NOT silent. The rosary will be prayed by
the Catholic Daughters. All are welcome!**

**The 12 noon hour on Fridays (not silent) is for priests, religious,
seminarians and *The Unborn*. All are welcome!**

A Vocation View: December 13, 2015 Third Sunday of Advent



Could God be calling you to be a priest or religious to announce the Good News to His People as John the Baptist did? If God is calling you, call or email Fr. Matt Dupre at 225-3360-8778, mdupre@diobr.org or visit www.diobr.org/vocations.

Traveling Chalice For Vocations will be received by the Duplantis family (Kirk, Rozalyn, Jacob, Luke, Steven Paul, Christopher and Isaac) for the week of December 13, 2015 at the 6 p.m. Mass and by the Garon family (Kenny) for the week of December 20, 2015 at the 11 a.m. Mass. If your family is interested in receiving the Traveling Chalice, call Mary Womack at 665-3505.

