



# The Messenger

December 2018,  
January, 2019

## Morsels of Faith from Mr. Kuhar



*"Dearest Brothers and Sisters!  
With today's first Sunday of Advent, a new liturgical year begins. The Church takes up her journey again, and invites us to reflect more intensely on the mystery of Christ, a mystery that is always new and that time cannot exhaust. Christ is the Alpha and the Omega, the beginning and the end. Thanks to him, the history of humanity proceeds as a pilgrimage toward the fulfilment of the Kingdom which he inaugurated with his Incarnation and victory over sin and death.*

*For this reason, Advent is synonymous with hope: not the vain waiting for a faceless god, but concrete and certain trust in the return of him who has already visited us, of the "Spouse" who with his blood has sealed with humanity a pact that is an eternal covenant. It is a hope that stimulates vigilance, the characteristic virtue of this special liturgical season. Vigilance in prayer, fostered by a loving expectation; vigilance in the dynamics of concrete charity, aware that the Kingdom of God comes close whenever men learn to live as brothers."*

Pope John Paul II 2 Dec 2001 [http://w2.vatican.va/content/john-paul-ii/en/angelus/2001/documents/hf\\_jp-ii\\_ang\\_20011202.html](http://w2.vatican.va/content/john-paul-ii/en/angelus/2001/documents/hf_jp-ii_ang_20011202.html)

These words from Saint John Paul II are a wonderful reminder of the joy and hope given to us by God. What a great gift we are given in that we have been freed from the power of sin and death. Sin is a power that keeps us from truly living lives of joy and peace. It weighs us down and seeks to control and reign over us. There is no joy in sin. There may be temporary, fleeting moments of pleasure but there is no lasting joy and peace. Jesus Christ on the other hand longs to give us joy and peace. He came so that you and I might have life to the fullest. There is nothing and no one who can give us the peace that God gives.

Saint John Paul II speaks about vigilance and I encourage you to be vigilant this Advent. Be vigilant in your prayer. Make prayer a priority. Choose a specific time or two each day for 10-15 minutes of prayer each day. This can be sitting quietly with God, reading Scripture, a book on the saints, praying a rosary, journaling to God, or simply talking with God about your day. It is difficult to have a relationship with someone if we do not spend time with that person. God is a person. Do not neglect Him. Be vigilant in charity and kindness. Spread the love of God by loving others well and giving generously this season with your time, abilities, and resources. How are you able to stretch

yourself a little bit this Advent season? Can you spend some extra time with someone who is lonely? Are you able to sacrifice something, maybe a night eating out, a coffee and instead give that money to those in need? Do you have a talent or ability to help someone or an organization that could use your particular skill? Be vigilant in participating in the Sacraments of Mass and Confession. God commands us to come to Mass on Sundays and Holy Days. Be sure to attend Mass every weekend and on December 8<sup>th</sup> to give thanks and praise to God for His goodness and love. Prepare your heart by confessing your sins and receiving God's healing love and mercy. We have this great hope and the One who defeated sin and death wants to help us along the journey. Come receive strength, healing, and peace through Mass and Confession! I pray your Advent journey is filled with a peace and joy greater than you have ever experienced!

