#### Archdiocese of Toronto

## Saint Edith Stein Roman Catholic Church

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Rev. Constantin Siarapis



#### COVID-19 UPDATE:

The parish is open with limited masses and restricted to about 80 people.

### Advent, A Time of Preparation for Christmas

Today we begin a new liturgical year with the holy season of Advent, a time of preparation for Christmas. We are asked to celebrate Advent in Church as well as in our own daily lives. Advent is rich in prayer and hymns making this season full of hope and anticipation.

#### SACRAMENT OF RECONCILIATION By appointment

### SACRAMENT OF BAPTISM

By appointment

#### **SACRAMENT OF MARRIAGE** By appointment

#### SACRAMENT OF ANOINTING OF THE SICK AND HOLY COMMUNION

Have your health care team page a Catholic priest if you have a family member in hospital needing anointing of the sick.

Communion to those homebound is suspended at this time.

### ADVENT

Advent has a twofold nature: It prepares us for Christmas, when we recall Christ's first coming among us, and it is also a time when we look forward to His second coming at the end of the ages. Advent is a season of joyful expectation.

During Advent, each Sunday's gospel has a specific focus. The Old Testament readings, especially those taken from Isaiah, are prophecies about the Messiah and messianic times. The selections from the writings of the apostles present exhortations and instructions on different themes of this season.

### **ON VOCATIONS**

"Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life." Are worldly cares dragging you down; be a follower of the Master. If God is calling you, contact

#### 416-968-0997 email vocations@vocations.ca www.vocationstoronto.ca

For information on Catholic education in our community or to reach your local school board trustee, contact the Toronto Catholic District School Board at 416-222-8282 or www.tcdsb.org.

Schools in the area:

St. Anselm	416-393-5243
Holy Cross	416-393-5242
Canadian Martyrs	416-393-5251
St. John XXIII	416-429-4000

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The Advent Wreath

The **four candles** represent the four weeks of Advent. The **unlighted candles** represent the dark ages before Christ's coming. The **lighted candles** represent Christ, the Light of the World. Each week we light one more candle and that represents the idea that the coming of Christ is closer.

#### A Spirituality of Waiting

A reflection on the book "A Spirituality of Waiting" authored by Henri Nouwen (1993) seems worth considering for this advent. As Nouwen has affirmed, waiting is not a very popular posture. **Many consider waiting a waste of time**. For many waiting is an awful desert between where they are and where they want to go. Think of the "first strike" approach of some nations towards others. The more afraid we are, the more difficult it becomes to wait. But advent is a season that is marked by a spirituality of waiting.

In the pages of Jewish and Christian scriptures, we will find a different attitude toward waiting. Recall psalmists' prayers. They enunciated the hopes and longings of their people, who awaited God's messianic intervention on their behalf: "Our soul waits for the Lord who is our help and our shield." (Ps. 30:22) "My soul waits for the Lord more than sentinels wait for the dawn." (Ps. 130:6-7)

In the gospel we find the waiting of Zechariah, Elizabeth, Mary, Joseph, Anna, Simeon and John the Baptist setting the scene for the welcome of Jesus.

The quality of waiting in these scriptural heroes

and heroines can be characterized in several ways. Nouwen describes them thus: First, theirs is a waiting with a sense of promise. Like a seed growing within, the promise promotes endurance. We can only wait *well* if what we are waiting for has already begun for us. In today's first reading, Jeremiah (33:14-16) reminds us that all God's promises are fulfilled in Jesus, the shoot of David, who comes among those who wait in order to do what is just and right.

Second, the waiting that we see epitomized in the scriptures is *active*. Our ancestors in the faith did not remain in a passive or idle state. They were actively and fully present to each moment. Paul, in today's second reading (1Thes. 3:12-4:2) reminds us that our active waiting for the Lord's second advent must be exercised in love for one another and for all. In the gospel (Lk. 21:25-28, 34-36), the evangelist exhorts us to fill our active waiting with constant prayer and careful watchfulness for signs of the Lord's nearness.

Our waiting for God and for Jesus is also to be *patient* and *open-ended*. Mary exhibited this manner of spirituality in her waiting when she said, "Let it be done to me according to your word." (Lk. 1:38).

#### Prayer In Time Of COVID

Gracious God,

you who are the author of all life, and who desire the well-being of all people, during these dark days of COVID-19, increase in us, respect and reverence for all human life.

Grant restored health to the sick, comfort and hope to the dying, strength to family members, friends, relatives, clergy and volunteers, renewed energy to hospital workers, PSWs, nurses and doctors, and perseverance to all in the health care professions.

Grant wisdom to scientists for the development of effective and moral vaccines, discernment and right judgment for legislators, aid to the discouraged, poor and vulnerable, courage and justice for front-line workers, and keep always in our minds the vision of the true common good of all the world.

We ask this through Jesus Christ our Lord. Amen.

Bishop Robert Kasun CSB Auxiliary Bishop Central Region Archdiocese of Toronto

## Resources during the pandemic

Visit <u>www.archtoronto.org/</u> for links daily masses including:

- 1. Daily Mass from Loretto Abbey (also broadcast on TV)
- Daily Mass and Rosary with Cardinal Collins live from St. Michael's https://www.stmichaelscathedral.com/liveCathedral Basilica 7:30am Mon.-Sat. 10:00am Sunday
- 3. <u>ASL Mass Livestream</u> from the International Catholic Deaf Association, Canadian Section
- 4. Covid-19 resources: www.archtoronto.org/covid19

# **Spiritual Communion**

During the pandemic we are unable to physically take part in communion. Spiritual Communion is a way to be united with Christ when we cannot physically receive the Body and Blood of Christ in the Eucharist. When viewing mass online say this prayer at the time of communion.

## St. Alphonsus Liguori's Act of Spiritual Communion

My Jesus, I believe that you are present in the most Blessed Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

## Pope's prayer to Virgin Mary for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us.

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

