



St. Leonard
CATHOLIC COMMUNITY

FIRST SUNDAY OF ADVENT
November 29, 2020

As our parish waits in hope and prepares for Christ's birth, the Worship Committee of Saint Leonard Parish will offer a weekly Advent reflection guide to help us pray together as a community. We invite you and your family to join us for this journey! May we all stay healthy and safe, and grow ever closer to the Lord and to one another, in this holy season.

Reflection for the First Sunday of Advent

This week's reflection was composed by Mike Gandolfo.



Happy New Year!

It's the first Sunday of the Advent season. We light the first candle, which symbolizes hope, and the priest is wearing the color purple, which symbolizes preparation. In Mark's Gospel, Jesus tells us in a parable to be alert and ready as we wait for the Lord to return.

Every Mass we pray, "**Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ**" when the priest recites the Embolism after the Our Father and before the exchange of the Sign of Peace.

"we may be always free from sin and safe from all distress"

In the midst of a pandemic, many of us will experience the distress of anxiety and worry. Some of us will choose to cope with the non-medical perils of the pandemic by making choices that do not honor God. Let us have awareness of the Lord's pending return and ask Him to "**graciously grant peace**" by helping us avoid sin and shield us from all distress.

"as we await the blessed hope"

We can combat the anxiety and sin by making a daily commitment to wait in "**blessed hope.**" How do we do that? With prayer. Spend time every day with God by:

- Expressing gratitude for the many blessings in your life and for the sacrifice Jesus made for us. What are you grateful for today?
- Praying for openness to the Holy Spirit, and vowing to still your heart and mind to better hear God's call. How has Jesus been present in your life?
- Asking for forgiveness for the times when you have fallen short and for guidance to serve your divine purpose through your words and actions. How can you be more Christ-like to others?
- Remembering those in need - the poor, the sick, the lonely, the afflicted; especially those isolated or sick because of the pandemic. Who do you want to lift up to God in prayer?
- Praying for peace in yourself, home, neighborhood, community and the world. How can you work towards being an instrument of peace?

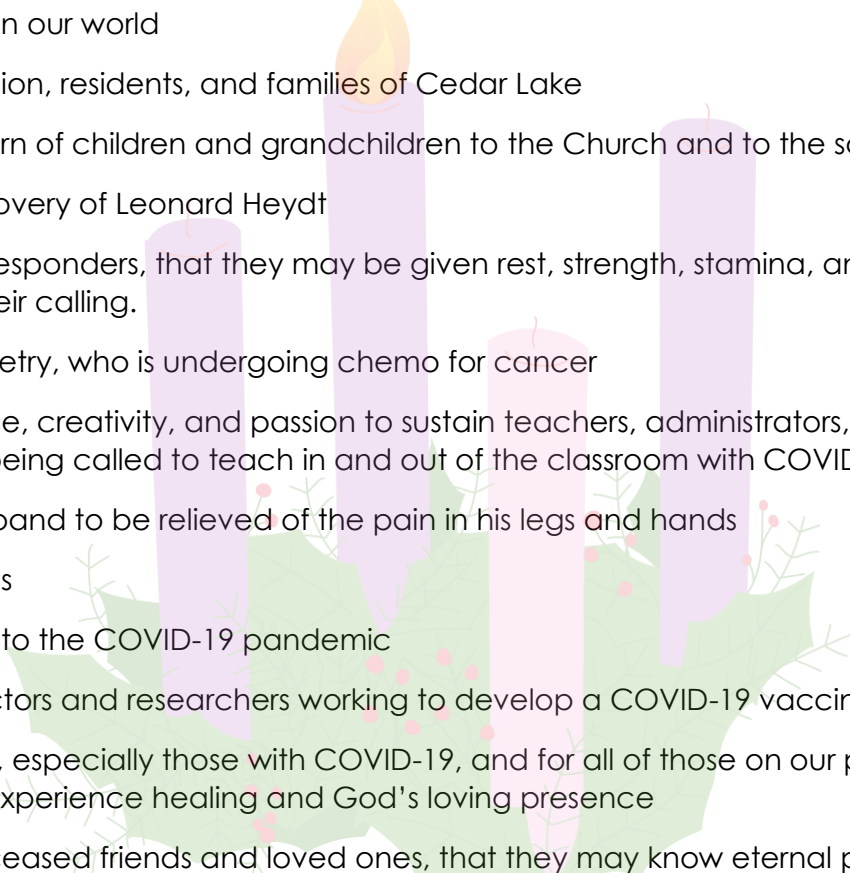
“the coming of our Savior, Jesus Christ”

Advent is not just a celebration that remembers the preparations for the coming of Jesus when he was born. It's also about preparing for the past, present, and future coming of Jesus. He came from heaven and became man. He walks with us every day. He will come to make his final judgement. Are you prepared?

Prayer Intentions

These prayer intentions were submitted by members of our parish community, and more will be coming in future weeks. If you would like to share an intention of your own, call the parish office at 502-897-2595 and we'll be happy to include it!

Throughout this first week of Advent, let us pray...

- For peace in our world
 - For the mission, residents, and families of Cedar Lake
 - For the return of children and grandchildren to the Church and to the sacraments
 - For the recovery of Leonard Heydt
 - For all first responders, that they may be given rest, strength, stamina, and courage to carry on their calling.
 - For Greg Metry, who is undergoing chemo for cancer
 - For patience, creativity, and passion to sustain teachers, administrators, aides, and therapists being called to teach in and out of the classroom with COVID-19
 - For my husband to be relieved of the pain in his legs and hands
 - For veterans
 - For an end to the COVID-19 pandemic
 - For the doctors and researchers working to develop a COVID-19 vaccine
 - For the sick, especially those with COVID-19, and for all of those on our parish sick list, that they may experience healing and God's loving presence
 - For our deceased friends and loved ones, that they may know eternal peace
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Let us continue to keep one another in prayer throughout this Advent season! With love from the Saint Leonard Worship Committee,

Katie Garbarino (Chair), Deacon Ralph Bartley, Mike Gandolfo, Jo-Dee Jackson, Ashley Logsdon, Father Lou Meiman, Patti Nash, Carol Sexton, and Barbara Trompeter