

## CATHEDRAL OF THE BLESSED SACRAMENT

# CHRISTMAS

**In the beginning was the Word,  
and the Word was with God,  
and the Word was God.  
He was in the beginning with God.  
All things came to be through him,  
and without him nothing came to be.**

**What came to be through him was life,  
and this life was the light of the human race;  
the light shines in the darkness,  
and the darkness has not overcome it.  
The true light, which enlightens everyone,  
was coming into the world.**

**And the Word became flesh  
and made his dwelling among us,  
and we saw his glory,  
the glory as of the Father's only Son,  
full of grace and truth.**

**John 1:1-9, 14**

### **A SPECIAL CHRISTMAS MESSAGE**

When we honor Christ as the heart of our Christmas; When we put Him first in all we pursue; When we hold Him up as the season's true reason; for who he really was and what He came to do; When we set aside time for quiet contemplation despite all the hurry, the noise, and the fun; When we remind others by gentle example that's there's more to Christmas than "getting things done"; When we let our spirits be called to renewal in worship and peace at the Good News He brings; Then we will know the true joy of the season and we'll truly have life's most valuable things.

As Rector of the Cathedral, I thank you for your faith and generosity since I came as Rector. Let us pray for each other every day. I wish you a blessed Christmas Day and Christmas Season. God bless you with holiness, health and happiness throughout the year of our Lord 2010 living in faith and joy with Jesus and Mary.

In Christ, Fr. Kiernan.

## GIVE BIRTH TO CHRIST THIS CHRISTMAS

PAPAL PREACHER, FATHER CANTALAMESSA, REFLECTS ON MARY AS ROLE MODEL

The preacher of the Pontifical Household is urging the faithful to follow the example of Mary and give birth to Christ this Christmas. Not physically, of course, but spiritually.



Capuchin Father Raniero Cantalamessa reflected on giving birth to Christ in one's heart in the presence of Benedict XVI and the Roman Curia. The talks centered around the theme: "When the Fullness of Time Had Come, God Sent his Son, Born of a Woman: Going With St. Paul to Meet the Christ Who Comes."

"We are mothers of Christ when we carry him in our heart and in our body by divine love and with a pure and sincere conscience," Father Cantalamessa said, quoting St. Francis of Assisi. "We give birth to him through holy works, which should shine forth as an example for others."

"How holy and dear, pleasant, humble, peaceful, lovable and desirable above all things it is to have such a brother and such a son, our Lord Jesus Christ!"

"The saint is telling us that we conceive Christ when we love him with a sincere heart and with rectitude of conscience, and we give birth to him when we accomplish holy deeds that manifest him to the world."

"For St. Bonaventure, the soul conceives Jesus when, dissatisfied with the life one is living, prompted by holy inspirations and inflamed by holy ardor, a person resolutely tears himself/herself away from old habits and defects, is in a way made spiritually fertile by the grace of the Holy Spirit and conceives the project of a new life. Christ has been conceived!"

"Once conceived, the blessed Son of God will be born in the heart so long as this soul, after having made a right discernment, asked for appropriate advice and called upon God for help, puts God's holy plan immediately into practice and begins to realize that which had been ripening in him but which he had always put off for fear of being incapable of succeeding in it."

Father Cantalamessa warned, however, that "this project of a new life must translate itself, without delay, into something concrete, into a change, possibly even external and visible, in our lives."

"If you decide to change your lifestyle and enter into the category of the poor and humble, who, like Mary, only seek the grace of God, without worrying about pleasing people, then, St. Bonaventure writes, you must arm yourself with courage, because you will need it."

He then offered the example of the Mother of God, suggested "to bring this new drive to our spiritual life: to truly conceive and give birth to Jesus in us this Christmas."

## BLESSED THOUGHTS

Whatever you consider injurious to yourself, never do to others. What is offensive to you, do not do to your fellow men and women. Hurt no others in ways that you yourself would find hurtful.

Lord help me to remember that nothing is going to happen to me today that you and I together can't handle. Lord behold our family here assembled. We thank Thee for this place where we dwell, for the love that unites us, for the peace accorded us this day, for the hope with which we expect the morrow, for the health, the work, the food and the bright skies that make our lives delightful for our friends in all parts of the world.