

**Stewardship is a way of life.**  
**Tithing is God's Plan for Giving:**

Because of the Thanksgiving Holiday, the financial figures were not available before the bulletin went to print. They will be printed in next weekend's bulletin.

Next week's tithe will for a special parish Christmas project and mailing.

**From the pastor:** Our parish thanks our loyal parishioners for being who you are supposed to be. Your generous support makes our parish a place where Christ will always be King."

**Comments on Tithing from the pews:** "God has provided for my needs. I know He does this so that I can help others. I feel that this is the least I can do."

**My Good Deed for the Week:** Here's what several of our young people offered as their tithe, in addition to their financial gift: A Kindergartener said, "I helped dad turn over the garden." A 4<sup>th</sup> grader said, "I burned garbage." A 3<sup>rd</sup> grader said, "I helped stack wood." A 6<sup>th</sup> grader said, "I helped clean out the shed."

**FROM THE PASTOR**

**Weekly Reflection:** When the exiles returned from Babylon they quickly realized that their journey had not transformed them. Their lives, like the ruined city of Jerusalem, needed God's saving help. If we can honestly admit our need for God, the exiles' cry in the 1<sup>st</sup> reading can become our own: "Why do you let us wander, O LORD, from your ways, and harden our hearts so that we fear you not? Oh, that you would rend the heavens and come down...that you might meet us doing right, that we were mindful of you in our ways! O LORD, you are our father; we are the clay and you the potter: we are all the works of your hands." In contrast to Isaiah's lament, Paul highlights God's grace at work among us, keeping us faithful as members of Christ: "I give thanks to my God always on your account for the grace of God bestowed on you in Christ Jesus, that in him you were enriched in every way, with all discourse and all knowledge, as the testimony to Christ was confirmed among you, so that you are not lacking in any spiritual gift as you wait for the revelation of our Lord Jesus Christ." Paul reminds us that God's faithfulness is poured out on us in Jesus Christ. As real as our sin is, God's grace is more powerful. The tension between sin and grace is, in many ways, the story of our Advent celebration. In our need, we recognize that God is breaking through, but we do not always pay attention. Mark insists that the Lord comes not on our terms. The necessary attitude for us is watchfulness: "Be watchful! You do not know when the time will come." In both our personal and liturgical prayer, we keep asking to receive the gift of noticing Christ's coming, and of receiving Him with open hearts and minds.

**About Liturgy: *Beginning of the Liturgical Year:*** This is our liturgical New Year's Day and the beginning of the year of Mark. However, the First Sunday of Advent hasn't always been the beginning of the Church's liturgical year. At first the Church celebrated only Sunday, a weekly celebration of the Lord's resurrection. Nonetheless, very early on (probably from at least the mid-second century) there is evidence of an annual celebration of the Lord's resurrection and for a long time the "beginning" of the liturgical year coincided with the Easter Vigil. It wasn't until about the tenth or eleventh centuries that Advent began to be considered the beginning of the liturgical year since, with a more historical mentality, it made sense to begin the liturgical year with the beginning of Jesus' earthly life. In this way the liturgical year with the beginning of Jesus' earthly life at His birth (Christmas was introduced in the fourth century). However, interpreting the liturgical year historically runs a risk of celebrating the liturgy solely as a commemoration of historical events, rather than our own participation in these historical events. Instead of a historical mentality, the Paschal Mystery – Jesus' dying and rising – is at the very center of the liturgical year and provides the proper interpretive tool. This means that all the festivals of the liturgical year are meant to lead us into a greater appreciation of our participation in them through our Baptism and daily life in the redemptive mystery of Christ. Rather than "begin" with the birth at Christmas and progress toward the death at the Triduum, throughout the liturgical year we celebrate the *whole* mystery of Christ. Various seasons and festivals zero in on a particular aspect of the mystery, but we can never lose sight of the whole mystery of Jesus birth, mission, suffering, death, resurrection, ascension, and sending of the Spirit to dwell among us and within us.

**Altar Server Training:** Fr. Thoms has scheduled three training sessions for our altar servers, old and new – each server MUST attend two of the three. The remaining dates are: Saturday, December 6, 12:30-3:00pm and Saturday, December 13, 9:30am-12noon. If you have any questions please contact Fr. Thoms.

**Yearly Priest Retreat:** This week Father Bateman takes his required yearly 5-day retreat. Please remember him in your prayers this week, as he will be remembering you.

**New Parish Office:** Because of the Thanksgiving holiday, I write this bulletin after only 2 days open in the new office building. So far, things are great! Once we got the phones and internet/computers functioning (which took a few more days than we anticipated) things got moving right away. I continue to be overwhelmed by people's goodness and generosity in giving of their time and

resources to help us make our new office such a great place!

**Rectory Changes:** With the move of the parish office, we find that there is some space in the rectory to provide a living room (which we never had before) and TV room. Fr. Thoms' old office has already been "converted" into the rectory chapel. We have yet to begin serious work on creating the living room and TV room. If you have any of the following items that you would be willing to donate or provide, please call the office to let us know: a living room set (sofa, chairs, coffee table, end table, lamps, etc), gently used sofas, lamps. Again, MANY thanks for ALL your generosity and goodness in helping make this wonderful move to provide adequate, accessible office space and a private residence for your parish priests.

## PARISH NEWS & ACTIVITIES

**First Friday Adoration & Holy Hour:** Friday, December 5, is the first Friday of the month. There will be all day adoration of the Blessed Sacrament from 7:30am until 7pm, when there will be a Eucharistic Holy Hour until 8pm. There is a sign-up sheet in the entryway for people to make the time commitment to come and spend time with the Lord in the Holy Eucharist. Remember that the Eucharist cannot be left alone – so please make the sacrifice to come and spend some time with the Lord. Come, even just for 5 or 10 minutes to spend time with the Lord.



**Christmas Food Baskets:** The St. Vincent dePaul Society will be giving out Christmas food baskets to the needy of our parish and community. If anyone receives a free turkey from Giant or Weis and would like to donate it to our basket program please bring it to the rectory. If you know of anyone who may benefit from this project, please call the parish office. We are collecting non-perishable foods such as peas, corn, green beans, cranberry sauce, boxed stuffing, boxed cake mixes, frosting, pie crust and pie filling, canned fruit. We will also be collecting monetary donations to purchase turkeys, rolls, & bags of potatoes. Please place your donations in the left sacristy or church basement and bring them before December 15. Thank you for your generosity and kindness.



**Christmas Pie Fund-raiser:** Our parish St. Vincent DePaul Society is again be offering pies for Christmas. The following pies are available: Lemon Sponge, Apple, Shoo Fly, Blueberry, Cherry, and Coconut Custard. Order forms are available from the St. Vincent DePaul Society members. Deadline for orders is December 7. Pies will be available at Sacred Heart School cafeteria on December 17. Time will be announced at a later date.

**The Penn State Chamber Singers**, under the direction of Dr. Christopher Kiver, will be performing at Sacred Heart of Jesus Church on December 2 at 7:30PM. They will perform music by Renaissance masters including Josquin des Prez, Pierre de Manchicourt, Tomás Luis de Victoria, William Byrd, Thomas Tallis and Peter Philips. The evening will conclude with the Six Choral Dances from Benjamin Britten's opera "Gloriana," written to commemorate the 1953 Coronation of Her Majesty Queen Elizabeth II. The Chamber Singers comprises up to 24 students. Performing a variety of repertoire from all historical periods, but they focus on works from the Renaissance period and the twentieth and twenty-first centuries. They regularly sing throughout Pennsylvania and in 2008 performed at the Kennedy Center in Washington D.C. and were broadcast on WPSU public television.

**Advent Penance Service:** Sunday, December 14 at 6:30pm here at Sacred Heart St. Jude (3:30pm at St. Jude in Mifflintown). There will be several priests here to assist in the celebration of Reconciliation in preparation for Christmas. If you plan to celebrate the Sacrament before Christmas, please make use of this opportunity when there are several priests available. Thank you.



**Thursday, December 4:** Church: *Dispenser of the Mysteries.*  
*What are Holy Orders?:* Salvation & Redemption; Holy Orders.

## LITURGICAL NOTES

**HOLY DAY OF OBLIGATION Monday, Dec. 8:** the Immaculate Conception of the BVM – the Patroness of the United States of America. Catholics are obligated to attend Mass on this day. The schedule at Sacred Heart is: 7am, 12 noon and 7pm. (At St. Jude in Mifflintown: 9am & 7pm.) **Catholics are obliged to attend Mass twice this weekend: once for the Immaculate Conception and once for the 2<sup>nd</sup> Sunday of Advent.**

**Van Transportation to Mass:** The following is the van schedule for the next several weeks:  
December 7 – Mel Reed  
December 14 – John Potts

**Memorialize the Sanctuary Lamp:** The following dates are available to memorialize the Sanctuary Lamp: Dates available: December 7, 21, 28.

**The Sanctuary Lamp this week** is for Paul and Mary Zarcovich from their daughter.

**Memorialize Flowers :** If you would like to memorialize flowers at the altar or ambo (podium) please call the parish office to schedule. You order the flowers from the florist of your choice. The following dates are available: December 14, 21.

**The flowers on the altar** this week are in memory of Joe Hallinger and Mary Esposito from Annie Hallinger.

Check out our parish calendars online at

[www.SacredHeartLewistown.com](http://www.SacredHeartLewistown.com)

Click “parish calendars”



**Sunday, November 30**

7:30 AM People of the Parish

11:00 AM Joe Boova

**Monday, December 1 (Andrew Dung-Lac & Companions)**

7:00 AM Deceased of the Drozda & Zampelli Families

**Tuesday, December 2**

7:00 AM Mid Rocco

**Wednesday, December 3 (Francis Xavier)**

7:00 PM Richard Quilter

**Thursday, December 4**

7:00 AM Marge and Tom Connare

9:00 AM Benefactors and Memorials of SHS

**Friday, December 5**

7:00 AM Pietro Aiello

**Saturday, December 6 (St. Nicholas)**

8:00 AM Thomas McFadden

4:00 PM Richard and Elizabeth Showers

**Sunday, December 7**

7:30 AM People of the Parish

11:00 AM Richard Quilter

**CALENDAR OF EVENTS**

**November**

30 – NO CCD

30 – St. Monica Rosary Prayer Group / 7pm / church

**December**

3 – Choir Practice / 7:30pm / choir loft

4 – RCIA / 7pm / church basement

5 – All Day Adoration / 7pm Holy Hour / Church

7 – CCD / 9am

7 – St. Monica Rosary Prayer Group / 7pm / church

7 – School Board of Education / 6:30pm / school

**8 – HOLY DAY OF OBLIGATION – IMMACULATE CONCEPTION OF MARY**

9 – Parish Bus Trip to Allenberry / 9:30am departure

10 – Choir Practice / 7:30pm / choir loft

11 – RCIA / 7pm / church basement

14 – Advent Penance Service / 6:30pm/ church

**EDUCATION**

**Pornography: What’s the Problem?** by Mark J. Houck

*The Dignity of the Human Person. Continued...*

**Addressing Porn Addiction on a Natural Level**

Pornography addiction is a multi-dimensional problem requiring a multi-faceted solution. Such addiction involves the mental, emotional, physical, relational and spiritual components of a human being.

Dr. Mark Laaser states that “many try to combat sexual addiction through only the spiritual realm by praying more, reading the Bible, or attending church. These activities are spiritual band-aids that won’t adequately address the problem.” In his book *Healing the Wounds of Sexual Addiction*, Dr. Laaser explains that sexual addiction is a result of trauma or wounds experienced over the course of one’s life. Emotional, physical or spiritual abuse during childhood, inflicted by family and the culture at large, can trigger an addiction in adulthood. Exposure to greater degrees of trauma increases the likelihood that one will develop addictions as an attempt at “self-medication” in response to the trauma.

Sadly, the wounds that many suffer during childhood cut very deep. The shame and pain that result may produce a cycle of addiction requiring years of counseling/ psychotherapy to overcome. However deep the wound(s) may be, there are practical measures that offer significant hope for those struggling with pornography. Here are five ways that those addicted to pornography can begin the recovery process:

1. Decide to get well and resolve to stop viewing all forms of pornography – magazines, television, movies, internet, cell phones, sexually-oriented business patronage or whatever is tempting one to act out sexually.
2. Remove all sources of temptation that may prevent one from healing – magazines, television, movies, internet, cell phone, relationships or whatever is preventing one from remaining sexually pure (Matthew 5:29-30).
3. Be willing to make sacrifices in the pursuit of healing. This may involve changing current duties or habits related to employment, travel, hotel accommodations, internet and television usage, drinking, eating, people with whom one socializes and the conversations in which one engages.
4. Become familiar with the ritual or the process by which one falls into addictive behavior. This step is vital for both short- and long-term healing. Some examples of rituals are the following: overworking oneself/excessive fatigue; loneliness/opportunities for isolation; boredom with one’s work/daily life; and constantly helping/serving others without allowing one’s own needs to be met.
5. Find a support group of a network of “solid” people to help in one’s recovery. It is imperative that men find a group of other men who relate to their struggle, who can challenge one another to grow in holiness and

keep one another accountable for their actions on a daily/weekly basis. For women, finding other like-minded women for support will be a great source of comfort and can minimize feelings of isolation during the healing process. *To be continued...*

**Setting up the Christmas Crib:** Following a beautiful and firmly-rooted tradition, many families [wait to] set up their crib [until] immediately after the feast of the Immaculate Conception, as if to relive with Mary those days full of trepidation that preceded the birth of Jesus. Putting up the cribs at home can be a simple but effective way of presenting faith, to pass it on to one's children. The crib helps us contemplate the mystery of God's love that was revealed in the poverty and simplicity of the Bethlehem Grotto. St. Francis of Assisi was so taken by the mystery of the Incarnation that he wanted to present it anew at Greccio in the living nativity scene, thus beginning an old, popular tradition that still retains its value for evangelization today. Indeed, the crib can help us understand the secret of the true Christmas because it speaks of the humility and merciful goodness of Christ, who "though he was rich he made himself poor" for us (2 Cor 8:9). His poverty enriches those who embrace it and Christmas brings joy and peace to those who, like the shepherds in Bethlehem, accept the Angel's words: "Let this be a sign to you: in a manger you will find an infant wrapped in swaddling clothes" (Lk 2:12). This is still the sign for us too, men and women of the third millennium. There is no other Christmas. *Pope Benedict XVI*

## COURTESY ANNOUNCEMENTS

**Bishop's Scholarship: Mt. St. Mary's University:** Mt. St. Mary's University in Emmitsburg, Maryland awards a scholarship of \$15,000 per year to a student from the diocese designated by the Bishop of Harrisburg. To apply for the scholarship a student should contact the university. Requirements:

- ✂ Be an accepted applicant to Mount Saint Mary's University.
- ✂ Complete the scholarship application and submit it to the Admissions office at the Mount by February 1, 2009.
- ✂ Submit a 500 word essay as described in the application information.
- ✂ Have a minimum 3.0 cumulative grade point average and a minimum SAT composite score of 1100.
- ✂ Demonstrate leadership in parish, community, and school activities.
- ✂ Sign a waiver allowing the diocese to review the materials submitted to the university.

For application and further information go to: <http://www.msmary.edu/admissions/scholarships-aid/undergraduates/scholarships-grants/bishops.html>

**Marriage Annulments:** The Tribunal of the Diocese of Harrisburg will be giving a presentation in your area concerning divorce and annulment from the Catholic perspective. This presentation will be helpful for divorced

Catholics, those divorced who wish to marry Catholics, those parish leaders involved in the RCIA process and any others who may have a vested interest because of family or friends. This session will be held December 11 at 7pm in the Cardinal Keeler Center of the diocesan office building in Harrisburg. No prior registration is required. For further information please call 657-4804 x304 or email [tribunal@hbgdiocese.org](mailto:tribunal@hbgdiocese.org).

**The Diocesan Senior Adult Ministry Council** is sponsoring a one day program entitled "Achieving Spiritual Vitality as we Mature: A Day with Dr Richard Johnson" on Thursday, December 4, 2008, from 9:30 am to 3:00 pm, at Cardinal Keeler Center in Harrisburg. All mature adults are welcome to attend. The registration fee for the day is \$8 and also includes a beautiful lunch as well as some enjoyable holiday entertainment. For more information or to register, contact the Diocesan Family Ministries Office at 717-657-4804, ext. 317.

## SACRED HEART SCHOOL

**What is 3<sup>rd</sup> Grade Doing?** With standardized testing and Halloween behind us, it is now time for the third graders to get back to a normal routine. In Language Arts, we will begin working on our theme "The Whole Wide World". We will read stories and learn about how we can care for the world. In addition to spelling, vocabulary, comprehension, and writing, we will learn such skills as using graphic organizers, distinguishing between realism and fantasy, and using context clues. We will end the month by putting our direction and sequencing skills to work as we create a Thanksgiving cookbook. Keep an eye out for those yummy recipes you may want to add to your Thanksgiving feast. Math finds us using our newly learned rounding skills to estimate addition and subtraction problems, as well as adding and subtracting 3 and 4 digit numbers. Counting money, telling time, and reading a schedule and calendar will appear at the end of the month. Finally, in our religion classes we will be gaining knowledge of the Trinity, how the Church worships, and different ways to pray. We will focus on prayers of praise, petition, and thanksgiving. All of this will give us a better understanding of how we can respond to God. Hope everyone had a blessed and happy Thanksgiving!

**Christmas Gift Cards:** Sacred Heart Home School Association is taking orders for holiday gift cards. Make your Christmas shopping easy this year by ordering gift cards for your family and friends to hundreds of their favorite stores and restaurants. Order forms are available in the back of the Church and online at [sacredheartlewitown.com](http://sacredheartlewitown.com). Order deadline is Thursday, December 3 at noon. You can return your order form in the collection basket or to the school or parish office. Thank you for supporting Sacred Heart School.