

## EVENT HIGHLIGHTS



*Pictures By Cheryl Thompson*

# OUR MINISTERS & MINISTRIES

## CYO

### *Introducing our Executive Board*

Hello everyone, my name is Frankie Galasso-Cabezas and I am thrilled to inform you that I am this year's 2024-2025 CYO president! I am a seventeen-year-old rising senior that is currently attending Roselle Catholic High School. Apart from myself, we have a group of amazing individuals that help run our program known as the Executive Board who are all active members of CYO and our church community. These individuals include Sam Torres as Vice-President, Matthew Almeida & Alyssa Paragas as Religious Chairpersons, Abigail Sheridan as Secretary, and Karina DaSilva as Creative Chairperson. While CYO is a place filled with many memorable activities, the most special is undoubtedly our yearly retreat at Camp Lebanon. This year it will be held from November 22nd to the 24th, continuing our tradition of having our retreat right before Thanksgiving. It fits perfectly with the thankful spirit, providing CYO members, alumni, and adults alike with the opportunity to listen and reflect. This year's theme will be "From the Prison to the Garden" and I have the honor of giving the theme speech! Attendees will have the opportunity to listen to moving speeches given by this year's senior class and grow a closer relationship with Christ.

Please keep us in your prayers as we continue to prepare for this amazing experience for all of those who attend!

*By Frankie Galasso-Cabezas*

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## ADVENT REFLECTION

### *A Time to Reflect on Catholic Spiritual Books*

During Advent, some of us may read or watch The Christmas Carol by Charles Dickens. Many of us will view the movie It's A Wonderful Life. Advent can also be a time to reflect on the Catholic Spiritual Classic books such as Introduction to a Devout Life by Saint Francis de Sales, The Spiritual Exercises by Saint Ignatius of Loyola and The Dark Night of the Soul by Saint John of the Cross.

Here are a few excerpts from each of these: First, in Introduction to a Devout Life, Saint Francis de Sales states "Prayer made in union with this divine sacrifice (Mass) has inestimable power (Philothea- lover of God)." Second, in the Spiritual Exercises, Saint Ignatius recommends that "after the noon meal he should ask God our Lord for what he desires, namely, the grace to remember how many times he has fallen into the sin or, defect, and to correct himself in the future." Third, in the Dark Night of the Soul, Saint John mentions "the imperfection of pride," that one has "a degree of satisfaction with the works and themselves" in spiritual exercises. This saint compares this individual with the Pharisee in Luke 18:11-12 who practiced religious exercises, but condemned the sinful, tax collector. The common thread here is these saints' fulfillment of the first commandment of loving God with our whole being (Mark 12:30).

It is my prayer this Advent we not only contemplate these classics' spiritual principles, but also demonstrate their wisdom in our daily lives.

*By Chuck Cababe*



## THE EUCHARIST AND THANKSGIVING

*What are we thankful for?*

As we approach this holiday season, what are you thankful for? Your friends and family? Your job? Your health? There are numerous blessings in our lives that we can be thankful for. Thankful to whom? The provider of all good things in our lives - the Lord God. There are many ways that we can say thank you to God, one of the most special occurring when we attend Mass.

As Catholics we have heard the word "Eucharist" countless times and can quickly define it as the body and blood of Christ. How often do we think about what "Eucharist" actually means? The Eucharist got its name from the Greek word *eucharistia* which means "thanksgiving." *The Catechism states that "The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption, and sanctification. Eucharist means first of all 'thanksgiving'" (CCC 1360). When we go to Mass and partake in the Eucharistic celebration, we are offering God thanks for all that He has provided for us, the blessings of this life and our salvation for the next.*

In addition to Mass, Catholics have the amazing opportunity to be with Jesus in Eucharistic Adoration. Adoration gives us the ability to praise, worship, spend time with, and talk to Jesus in His real, physical presence. During this season of Thanksgiving, I challenge us all to prioritize being with Jesus through the Eucharist, and while doing so, thank God for all that He has done for us.



*By Christina Dziedzic*

# SAINTS & US TODAY

*St. Andrew*



Advent is a beautiful liturgical season that prepares our hearts for the coming of the Christ Child at Christmas. Advent is also a season of hope, peace, joy, and love. One of the saints who brought hope and joy to

many by converting them to Christianity was the evangelist and missionary St. Francis Xavier.

St. Francis Xavier was a Spanish Jesuit who lived as a Roman Catholic missionary in the 1500s.

He tirelessly evangelized and spread the Gospel teachings to those in the Far East.

St. Francis approached people with the Gospel by becoming one of them, adapting to the customs and language of the people he evangelized. His life was marked by spreading joy to others. He also spent hours in silence and prayer, always asking Jesus Christ for guidance and inspiration. He is the patron saint of all foreign missions and all those who work to spread the faith. His feast is celebrated on December 3rd.

By his example, St. Francis Xavier encourages all of us to joyfully seek spiritual guidance and inspiration from our Lord Jesus Christ during the upcoming Advent Season.

*St. Francis Xavier, who traveled around the world to spread Christ's love and joy in word and deed—pray for us!.*

*By Deacon Michael Alfano*



Advent Candles	Hope, Love, Joy, and Peace
Annunciation	My Soul in Stillness Waits
Anticipate Jesus' Arrival	Nativity of the Lord
Blessing of the Manger	O Come Emmanuel
Coming	Preparation
Eternal Life	Purple
Evergreen Circle	Rejoice
First Season of Church Year	Rose
Four Weeks	Shepherd's Candle
Gaudete Sunday	Waiting and Longing

ANTICIPATEJESUSARRIVAL  
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 NBVBLESSINGOFTHEMANGERE  
 UDYEVERGREENCIRCLEUJLEL  
 NLLQNAVITYOFTHELORDJU  
 CULEBTTPREPARATIONYNAQOD  
 IRESHACA EYZMMH D H G G B R X I G  
 AMULTTOAH AHBRXL OPAKGVCH  
 TJNPNTMLNQIDHLM PMUTIEUEV  
 IYAZISIKFDZSKKPILDRLYIB  
 OPM MYUNEFILLANRETEVPKII  
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 PVOH SWAITINGANDLONGINGU  
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 LHOP ELOVEJOYIANDPEACEKXW  
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 UQMNUH ZYIGPV PQODBKINJHK  
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