


Advent 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November 29</p> <p>Buy or make an Advent wreath. Bless it and light the first candle tonight and every night this week. Read Luke 21:25-28, 34-36.</p>	<p>30</p> <p>Advent is about waiting for the Savior to come. Offer a simple prayer of praise anytime you have to wait during Advent.</p>	<p>December 1</p> <p>The presence of Jesus reminds us to hope in God's mercy. Make a list of reasons for your hope today.</p>	<p>2</p> <p>Pick one habit that is keeping you from holiness. Identify your "go-to sin" and resolve to conquer it during Advent.</p>	<p>3</p> <p>Add 20 minutes of daily prayer during Advent. Set an alarm to remind you to pray for 10 minutes each morning and night this month.</p>	<p>4</p> <p>In gratitude that God provides for your needs, set aside gently used clothing and give it to the poor. Add a piece you love as a special sacrifice.</p>	<p>5</p> <p>Perform a thorough examination of conscience today. Then attend Confession to ready your soul to greet the Savior.</p>
<p>6</p> <p>At sundown tonight, light two violet candles in the Advent wreath and read Luke 3:1-6.</p>	<p>7</p> <p>St. Nicholas was a generous man and a courageous bishop. Today, make at least one generous act of love in his honor.</p>	<p>8</p> <p>The feast of the Immaculate Conception celebrates Mary's freedom from Original Sin. Attend Mass and pray a Rosary.</p>	<p>9</p> <p>Today, let nothing discourage you in honor of St. Juan Diego. He never gave up, placing his trust in Jesus and his Mother.</p>	<p>10</p> <p>In your Christmas cards write a note about the blessings you received this year as a witness to God's love.</p>	<p>11</p> <p>Buy Christmas gifts from stores or online merchants that carry "fair trade" items to support workers in developing countries.</p>	<p>12</p> <p>To honor Our Lady of Guadalupe, place a rose in a vase in your home and pray a "Hail Mary" whenever you pass it.</p>
<p>13</p> <p>Guadete Sunday-Joy! Celebrate the halfway point of Advent. Light two violet candles and the rose one for joy. Read Luke 3:10-18.</p>	<p>14</p> <p>Spend time in silence today. Say "no" to unnecessary distractions. In silence and peace, you will be open to God's will.</p>	<p>15</p> <p>Think of Biblical accounts of God's mercy to sinners. Ask forgiveness from someone you have hurt and forgive those who wronged you.</p>	<p>16</p> <p>In honor of Las Posadas remembering the Holy Family's trek to Bethlehem, pray for all those who have been forced from home.</p>	<p>17</p> <p>Send a card to someone who lost a loved one in the last year. Offer your thoughts and prayers for healing and comfort.</p>	<p>18</p> <p>Pray for the men and women in the armed services who won't be able to spend Christmas with their families.</p>	<p>19</p> <p>Pray the Angelus at 6:00 am, 12:00 pm, and 6:00pm every day until Christmas.</p>
<p>20</p> <p>Light all four candles in the wreath tonight and all week. Read Luke 1:39-45.</p>	<p>21</p> <p>This can be a sad time for those who are alone. Include anyone in your own gatherings who might be otherwise forgotten.</p>	<p>22</p> <p>As a gift to the coming Savior, repair a relationship with a friend or family member that needs healing.</p>	<p>23</p> <p>Make an effort to share God's love today. Say a kind word or listen with compassion to someone who is suffering.</p>	<p>24</p> <p>Even if you live alone, put up and decorate a Christmas tree. Light it as a symbol of Christ, the Light of the World.</p>	 <p>Rejoice! Read the story of Jesus' birth in Luke 2:1-20 and meditate on each miraculous detail. Think of how joyful it will be to meet Jesus when he comes again.</p>	<p>25</p>

Social Justice Contacts

ALTERNATIVE GIFT MARKET -
1-800-842-2243 **STC Contact:**
Cynthia Shriver 292-6584

AMOS STC - Contact: Mary Ross
232-5080

APPALACHIA/OVERFLOW -
202 So. Duff, Ames. **STC Contact:**
Lynn Franco 232-0898

BIRTHRIGHT OF AMES -
108 Hayward Ave., Suite 202, Ames
515-292-8414. **STC Contact:**
Kriss Holmes 515-292-8414

CATHOLIC DAUGHTERS OF THE
AMERICAS - STC Contact:
(To Be Determined)

EMERGENCY RESIDENCE
PROJECT - STC Contact: Julie Haas
232-7138

FOOD AT FIRST - 611 Clark Ave.,
Ames. 515-344-4357 **STC Contact:**
Doreen Berg 956-3414

GABRIEL PROJECT - STC Contact:
Beth Dahlke 460-0403

GOOD NEIGHBOR EMERGENCY
ASSISTANCE, INC. - 613 Clark Ave.,
Ames 515-296-1449 **STC Contact:**
Phyllis Craig 291-1106

HOME FOR AWHILE STC Contact:
Mary Ross 232-5080

MEALS ON WHEELS (Homeward) -
1114 S. Duff, Ames. **STC Contact:**
Cathy Kaspar 233-0517

OPERATION RICE BOWL - STC
Contact: Cynthia Shriver 292-6584

PRISON MINISTRY - STC Contact:
Barb Moore (515) 337-1551

SAINT CECILIA SOCIAL JUSTICE
COMMITTEE. STC Contact:
Mary Ross 232-5080

SANCTITY OF HUMAN LIFE, STC
Contact: Garland Dahlke 460-0403

The Social Justice Committee meets on the third Monday of each month at 7:00 p.m. in the Sunroom. Everyone is welcome to attend.

NEWS FROM St. Cecilia's Sanctity of Human Life

* We celebrated **Natural Family Planning Month** in July with an informational table in the Narthex and promotional video. We worked in conjunction with Deacon Ron Smith for families working to embrace God's way for family planning and were supported by SOHL baby-sitters for a presentation in October by Adam Storey of the Family Life office, Des Moines Diocese.

*Having an **NFP or DateNight** event? SOHL can help with babysitting. Contact: Garland Dahlke 515-460-0403.

*More people are interested in helping our **Respect Life** ministries since Planned Parenthood's practice following late term abortion, in some areas of the country, selling parts of the aborted fetus to medical research firms.

*The **Annual Life Chain on Campus** this October was a wonderful prayerful witness for life and God's healing love, held on ISU campus in conjunction with the Students for Life.

*Many of us celebrated in October 1,000 birthdays with the **Informed Choices Medical** (pro life) clinic of Ames annual banquet. The clinics have helped to save 1,000 Mothers, Fathers, and Children the unspoken pain of abortion in Iowa since their opening in 2007. Thank you to Carol Nelson for being STC liaison for Informed Choices.

Upcoming Events:

*January 23, 2016 will be our annual **Soup Supper/Movie Night** with the Knights of Columbus after Mass in the Social Hall. Feature Film TBA! Watch bulletin for details.

Certified NFP instructor Nanette Horton of STA to present introductory talk on Natural Family Planning: **Give Me The Basics** (the weekend of January 16-17, 2016). Check bulletin for details.

Nationally known founder of **Project Rachel**, Vickie Thorne, to come to Ames fall of 2016!

Other News:

* **Gabriel Project**—Welcome our newest Angel, Traci Hess of Ames. Traci brings a love of expectant Mother's in her big heart and has already helped a Mom move and deliver her baby all in a matter of about a month!! Miracle of Life.

* **Bus Ads**— on CyRide reach numerous Mom's on campus thanks to the financial support of the Knights, Social Justice and SOHL committees.

The Catholic Church has **seven principles of Catholic Social Teaching**. The Social Justice Committee at St. Cecilia's Parish has decided to share these with you through our quarterly newsletter. In this issue we center on **Principle 4—Option for the Poor and Vulnerable**



UNITED STATES CONFERENCE OF
CATHOLIC BISHOPS

Appalachia Warehouse to Join with Overflow Thrift Store in Ames

In 1968 the Appalachia Committee was established by Joe and Lois Johanns. This was after a group of Christian Family Movement (CFM) members went to Kentucky to help with a mission project for the School Sisters of St. Francis (SSSF) who were helping the people in the community. They met many families in Kentucky that were in need of clothing and household goods. The word spread in Iowa and other states and donations came in from near and far! These items were stored in the Johanns' garage; sorted, boxed and sent to the Friendship Center, Williamsburg, Kentucky. The work continued and eventually a warehouse at 2019 Pullman in Ames was purchased. Over the years, many St. Cecilia and St. Thomas parishioners have helped at the Appalachia Warehouse and with service trips to Kentucky. We thank all of you!



(Pictured with the founder of the Friendship Center, Sr. Noelle LeClaire (far right), and Sr. Leanne Herda (far left) who worked as a county nurse for decades with the mountain people of Kentucky, are Terry and Lynn Franco—picture taken at the SSSF Motherhouse in Milwaukee, WI—Sept. 2015.)



Overflow Thrift Store is a non-profit thrift store in Ames that was started by three individuals from the community. It was opened in 2014. It is run by volunteers and all the profits go to supporting ministries that are serving orphans, widows and other vulnerable people around the world. It is located at 202 South Duff, Ames.

<http://www.overflowthriftstore.org/>

The board of the **Appalachia Warehouse** in Ames has been meeting with the **Overflow Thrift Store board** in Ames. After much prayer and many meetings it was decided to join forces to help those in need around the world and in Kentucky. The Appalachia Committee will be a committee of Overflow. The Appalachia Warehouse will be used for Overflow storage (as well as storage for other non-profit organizations in Ames). Overflow will budget for service trips to Kentucky so that mission can continue. They will also take over expenses associated with the warehouse. Some of the current board members of the Appalachia Committee will be a part of the Overflow board.

The Appalachia Warehouse will no longer be accepting household items and clothing at 2019 Pullman. If you'd like to contribute items, they should now be taken to Overflow Thrift Store, 202 South Duff, Saturday 10 am-4 pm

Statement on Syrian Refugees

Nov. 17, 2015

The recent movement of 27 governors in the United States to apparently oppose entrance to Syrian refugees to their respective states (CNN, 11/16/2015) revives an embarrassing experience in our country's history.

During World War II, those of Japanese nationality in the United States were rounded up and placed in confinement. In the aftermath of World War II, apologies and compensation were accorded to the victims of such unfortunate actions. As frequently occurs to families or nationalities, guilt was attributed by association.

In line with the long-standing American tradition, we should strive to determine how we can serve so many who are desperately seeking a new life away from terror and persecution.

The Catholic Church in Iowa has a decades-long history in assisting with the resettlement of refugees from across the globe. Out of respect for human life and dignity, welcoming the homeless and the stranger is a fundamental part of our faith. Refugees are typically among the most vulnerable people in the world, fleeing dangerous situations and looking to protect their families and children. They want to live a normal and safe life.

Each refugee must undergo a vetting process by the State Department and Homeland Security. This process includes personal interviews, extensive security checks in coordination with the National Counterterrorism Center, and pre-departure checks that occur between the initial interview and the date of travel.

Citizens of our country justifiably desire security. It will be achieved by searching out those identified with terrorism whether they be American, European, African, Asian, Middle Eastern or of any other ethnic and national origin. The federal government needs to be vigilant in regard to its responsibility to safeguard our communities against the despicable actions of terrorists.

We appreciate Gov. Branstad's concern for the safety of Iowans and expect that we can continue to work with the state on a careful process of refugee resettlement.

Most Rev. Michael Jackels, Archbishop of Dubuque
Most Rev. R. Walker Nickless, Bishop of Sioux City
Most Rev. Martin Amos, Bishop of Davenport
Most Rev. Richard Pates, Bishop of Des Moines