

Thoughts from the Deacon

Memorial of St Andrew Dung-Lac and Companions (11/24/20)

Thanksgiving is a good time to stop and reflect on all the good things we have, starting with a God who loved us enough to send His only begotten Son to die for us! The same Son who left us Holy Mother Church, the pathway to Heaven. In these turbulent times we all need to just step back, relax, and be grateful. It is said that thanksgiving is the highest form of praise. Let us praise God by thanking Him ceaselessly, not only on Thanksgiving but everyday. Thanksgiving Mass is 9 am at St Mary and will be live streamed.

Catholic Women's Club will be having a live party on December 1.

I have been asked by the diocese to publish this statement: "We continue to monitor the spread of COVID-19 as these winter months progress, and remind you that we are dispensed from our Sunday Mass obligation. Those who are not feeling well are encouraged to stay home out of concern for the health and safety of others. Those who are in high risk categories because of some other health issues are also encouraged to remain home. Let us joyfully prepare our hearts this **Advent Season** for the coming of Christ at Christmas."

Parish Mission, December 14-16, with Rosary at 6:40pm and presentation at 7pm, At St. Mary and will be live streamed. Fr. Hayes will celebrate Masses and preach the weekend of December 12-13 in preparation for the Mission.

On the **Covid** front, here are some supplements that have been shown to help ameliorate symptoms and possibly prevent catching the virus: Vitamin D 5000iu daily, Vitamin C 2000-3000mg daily, Zinc 25-50mg daily (may cause some GI upset at higher dose, usually advise take highest dose tolerated up to 50mg), and Melatonin 1-2 mg per day. These and others such as echinacea help to boost the immune system. Maintaining healthy diet and routine exercise are also excellent immune boosters.

A new Church Year is upon us, as **Advent starts this weekend**. Remember that prayer, fasting and almsgiving are to be part of our preparation for Christmas. From a Catholic perspective the Christmas season starts on Christmas and runs until the Presentation of Our Lord on Feb 2. 40 days to celebrate. The secular world under protestant influence has morphed Christmas in a pre-holiday shopping and feasting frenzy, which detracts from the personal reflection and preparation of our mind, bodies and souls for the central event in world history.. **Let's keep Christ in Christmas!!!**

Viva Cristo Rey!