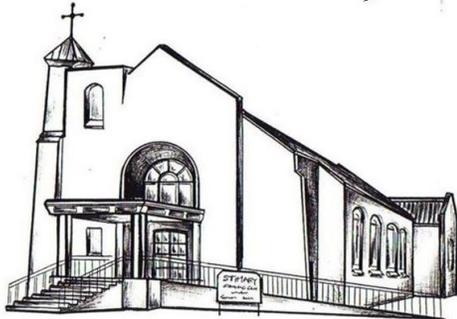


**St. Mary's  
&  
Holy Name of Jesus  
Catholic Churches**



**Diocese of Amarillo**

**Most Rev. Patrick J. Zurek, Bishop**

**Rev. Grant Spinhirne, Administrator**

**St. Mary's  
22830 Pondaseta Road  
P.O. Box 105  
Umbarger, TX 79091  
(806) 499-3531**

**Holy Name of Jesus  
317 W. Main  
P.O. Box 128  
Happy, TX 79042  
(806) 558-2871**

**WWW.STMARYSUMBARGER.COM**

<b>Mass Schedule</b>			
		<b>Umbarger</b>	<b>Happy</b>
Mon, December 21	St. Peter Canisius	No Mass	No Mass
Tue, December 22		7 PM - Jim Grabber	No Mass
Wed, December 23	St. John of Kanty	8 AM - Clara Grabber	No Mass
Thu, December 24	Christmas Eve	10 PM -Knights of Columbus	7 PM
Fri, December 25	The Nativity of our Lord	9 AM - Christian Mothers	No Mass
Sat, December 26	St. Stephen	No Mass	5:30 PM - Parish Family
Sun, December 27	The Holy Family of Jesus, Mary & Joseph	9:00 AM - Parish Family	No Mass

# ST. MARY'S

**Divine Mercy Chaplet:** 1<sup>st</sup> Sunday at 10:30 AM  
**Anointing of the Sick:** By Request  
**CYO** 4<sup>th</sup> Sunday 6:00 pm. at the Hall  
**CCD:** Sundays at 10:15-11:30

**Until further notice:** We will not have a liturgy list, but ask for volunteers to lector.

**Church Decorations:** Please join us after mass to decorate our church for Christmas!

**Christmas Mass Schedule:**

**Christmas Eve:** 7 PM - Happy  
 10 PM - Umbarger

**Christmas Day:** 9 AM - Umbarger

**CCD:** will continue on December 20. There will be no CCD on December 27 & January 3.

**Live Mass Streaming:** We will continue to live-stream mass for the time being. To access, follow our Facebook Page: StMarys Umbarger.

**St Mary's Prayer Blanket Ministry:** If you or a loved one suffers from a serious illness and would like a blanket, please contact Suzy Hicks or Fr Grant.

**4 Ways to imitate St. Joseph on a daily basis**

By Philip Kosloski

The most important part of devotion to St. Joseph is imitating his example.

While prayers and devotions are important to honor St. Joseph, what is more important is to imitate the life and example of the foster-father of Jesus.

In the 19th-century book Devotion to Saint Joseph, the author explains this concept plainly.

The most excellent devotion towards our holy patrons consists in imitating their virtues. Endeavor each day to practice some of those virtues which shone in St Joseph; for example, conformity to the holy will of God.

The book also details a helpful practice that can remind you to imitate St. Joseph.

Father Louis Lalemant, having chosen St Joseph for model of the interior life, practiced each day in his honor the following exercises: two in the morning and two in the evening.

**1 LISTEN TO THE HOLY SPIRIT**

The first was to raise his mind toward the heart of St. Joseph and consider how docile he had been to the inspirations of the Holy Spirit. Then examining his own heart, he humbled himself for his times of resistance, and animated himself to follow more faithfully the inspirations of grace.

**2 UNITY OF PRAYER AND WORK**

The second was to consider with what perfection St. Joseph united the interior life to the occupations of his state in life. Then reflecting on his own life, he examined if there were some defects to correct. Father Lalemant attained by this holy practice to a great union with God and he knew how to preserve it in the midst of occupations which seemed the most distracting.

**3 DEVOTION TO THE VIRGIN MARY**

The third was to unite himself spiritually to St. Joseph as spouse of the Mother of God; and considering the admirable lights which the saint had on the virginity and maternity of Mary, he encouraged himself to love this holy patriarch for the love of his holy spouse.

**4 ADORE THE CHRIST CHILD**

The fourth was to represent to himself the profound adoration and the paternal services which St. Joseph had rendered to the Child Jesus: he asked to be permitted to join with him in adoring, loving, and serving this Divine Infant with the tenderest affection and the profoundest veneration.

## HOLY NAME OF JESUS

### St. John of the Cross: Advent quotes for the Christmas blues

By Tom Hoopes

*The great Spanish Carmelite has wisdom to help us through the tough parts of the season.*

Depression at Christmastime is a real thing, whether it comes from financial stress, busyness, loneliness, grief, or estrangement.

The wisdom of the great Spanish Carmelite mystic St. John of the Cross, whose feast is celebrated December 14, can help you cope.

Praying in Darkness

“The endurance of darkness is the preparation for great light.”

This one is true of both the Advent darkness everyone feels, and the specific darkness you feel in your depression. Hold on. Christ is coming!

“It is best to learn to silence the faculties and to cause them to be still so that God may speak.”

A great reminder that, when you have nothing to say to God, he still wants to talk to you. In fact ...

“What we need most in order to make progress is to be silent before this great God with our appetite and with our tongue, for the language he best hears is silent love.”

... the deprivation of the senses you feel in depression can be offered to God, fruitfully.

“Contemplation is nothing else but a secret, peaceful, and loving infusion of God, which if admitted, will set the soul on fire with the Spirit of love.”

If you have trouble praying, don't worry. Just find a moment God to offer him your silent love.

Waiting in Loneliness

“Take God for your spouse and friend and walk with him continually, and you will not sin and will learn to love, and the things you must do will work out prosperously for you.”

If you are single by choice or by circumstances and Christmas is hard, remember what St. John says here.

“If you purify your soul of attachment to and desire for things, you will understand them spiritually. If you deny your appetite for them, you will enjoy their truth, understanding what is certain in them.”

This is for all those who aren't expecting to get much for Christmas!

Living For Others

“Beloved, all that is harsh and difficult I want for myself, and all that is gentle and sweet for thee.”

Words for a Christmas mom to try out, if no one is helping

like they should (but don't be afraid to let them know how they should help).

“It is great wisdom to know how to be silent and to look at neither the remarks, nor the deeds, nor the lives of others.”

A reminder to avoid gossip at the office Christmas party!

“In the dark night of the soul, bright flows the river of God.”

If you are depressed at Christmas, think of God as the Christmas star — or string of lights — whose light is out there whether you see it now or not.

“In the evening of life, we will be judged on love alone.”

Christmas is a time to give — gifts, time and love. And giving remains the best antidote to depression.

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### Adviento, ¿por qué celebramos una llegada que sucedió hace milenios?

By Claudia Soberón

En la historia de Dios todo es nuevo, actual y se renueva constantemente en nuestras vidas

¿Cómo vives los últimos días antes de Navidad? La llegada está a la vuelta de la esquina, o podríamos decir que Jesús ya llegó y nunca se ha ido. ¿Entonces por qué celebramos una llegada que ya sucedió hace milenios? ¿Quizá porque es una nueva oportunidad para acoger al Amor? Un recordatorio vivo y presente que intensifica la relación con el Verbo encarnado.

La espera que ha llegado

Es verdad que en Adviento nos preparamos esperanzados para vivir un acontecimiento histórico, espiritual, personal y familiar que cambió la vida de la humanidad hace dos mil años.

Pero también es ocasión para tomar conciencia que Jesús ya está aquí, entre la humanidad, y que nunca se ha ido.

Es, podríamos así decirlo, una espera que ya ha llegado, porque en la historia de Dios todo es nuevo, actual y se renueva constantemente en nuestras vidas.

Ha nacido y nace, ha llegado y llega; es un continuo camino y llegada en la vida de los hombres, como prometió.

Recuperar la esperanza

En los tiempos que corren es fácil perder de vista el verdadero sentido de lo que estamos a punto de vivir. No solo desde un punto de vista interior sino también exterior.

Las ganas por juntarnos para la cena, hacer la compra de los regalos, y hacer gestiones de última hora, ocupan la mayor parte de nuestra mente y tiempo.

También las preocupaciones y tristezas pueden opacar esa luz interior que permite ver y sentir que el Amor habita en cada uno. ¡Démosle oportunidad para que llegue a cada uno, una vez más! ¡Démonos oportunidad para recibir a Jesús en nuestro hogar!

## NEWS FROM AROUND THE DIOCESE

**FOR BULLETIN NOTICES** – Bulletin Deadline: Thursday @ noon. Please Contact Fr. Grant by email: [frgrantspinhirne@gmail.com](mailto:frgrantspinhirne@gmail.com) or Christina Wegman by email: [cwegman696@yahoo.com](mailto:cwegman696@yahoo.com) or by phone: (806)499-3531.

**Baptism or Wedding** Please contact Fr. Grant at least 1 month in advance for baptisms and 6 months advance for weddings.

**Sacrament of Reconciliation:**

**Umbarger:** Sundays at 8:30 am or by appointment. **Happy:** Saturdays at 5 p.m. and Thursday at 6:30 p.m. or by appointment.

To use or rent the church or parish hall, please contact Fr. Grant or Debbie Batenhorst at least 3 months before the event.

**FOR MASS INTENTIONS** please talk to Fr. Grant or leave the intention in the collection basket. There are envelopes available in the back of Church.

**Please pray for all the sick in our parishes**

**ST. MARY'S:** Servero Gomez, Jeremy Koch, MaryBeth Sayers

**Holy Name of Jesus:** Lucy Armendariz, Ricardo Brionez Sr., Ricardo Brionez Jr., Joe Frausto, Susana Garza, Betty Gonzales, Martina Mendez, Martin Montoya, Santos Perez, Mario Quzada, Felix Silva, Pedra Soto, Betty Sosa, Leonel Sosa, Mary Ann Sosa, Paula Sosa

**The Office of the Victim's Assistance Coordinator for the Diocese of Amarillo**

Sharyn Delgado  
Victim Assistance Coordinator  
719 South Austin  
Amarillo, Tx 79106  
Phone: 806-671-4830  
Fax: 806-373-4662  
Email: [skdelgado@aol.com](mailto:skdelgado@aol.com)

**Natural Family Planning (NFP).** Learn NFP at home and at your own pace with the **Home Study Course** from NFP International, [www.nfpandmore.org](http://www.nfpandmore.org). Includes Ecological Breastfeeding (it really *can* space babies), a double-check system of fertility awareness, and Catholic teaching that's easy to understand. Work with a live instructor by email. Completion certificate. Only \$70.

**Would you Like to attend an ACTS Retreat Weekend?**

There is more information about the ACTS Retreat online. If you or someone you know would like to attend you can register online at: [ACTSamarillo.org](http://ACTSamarillo.org)