

MASS INTENTIONS FOR THE WEEK

SUNDAY MASS SCHEDULE

Sat. 5p Vincent P. O'Shaughnessy
 Sun. 8a Betty & Frank Janisch
 10a The people of the parish

WEEKDAYS AT 8:00a

Mon. Delma Schwinke
 Tues. *Communion Service*
 Wed. Anna R. Fuchs
 Thurs. Jack Senden
 Fri. Josephine Scherer

NEXT WEEKEND

Sat. 5p Don Curran
 Sun. 8a The people of the parish
 10a Martha Dickey

REFRESHMENTS

1st Sunday Parish Council
 2nd Sunday Mary Patterson
 3rd Sunday Maggie Hart-Mahon & Bob Mahon
 4th Sunday Anna Forder & Henry Schmitt
 5th Sunday Volunteers always needed

Advent celebrates human longing. It asks us not to deny our longings but to enter them, deepen them, and widen them until we become insane enough for the light so that, like the butterfly, we open ourselves to undergo a metamorphosis.

Fr. Ron Rolheiser

Late Results by Scott Cairns

We wanted to confess our sins but there were no takers. — Milosz

And the few willing to listen demanded that we confess on television. So we kept our sins to ourselves, and they became less troubling.

The halt and the lame arranged to have their hips replaced. Lepers coated their sores with a neutral foundation, avoided strong light.

The hungry ate at grand buffets and grew huge, though they remained hungry. Prisoners became indistinguishable from the few who visited them.

Widows remarried and became strangers to their kin. The orphans finally grew up and learned to fend for themselves.

Even the prophets suspected they were mad, and kept their mouths shut. Only the poor—who are with us always—only they continued in the hope.

PLEASE PRAY FOR OUR SISTERS & BROTHERS

Sheryl Renken, Pat Knoll, Louis Naum, Greg Nesbitt, Jacob Talve (Susan's son), Pat Oldenburg, Bob Inyart (Mike's dad), Irene Kernan (Tom's Mom), Bonnie & Joe Kuciejczyk, Rocky Sieben family in Omaha, Aidan Jordan, Laura Manser (Joe Proehl's cousin), Michelle Wiessing (Jane's sister), Chad Barton (Donna's brother-in-law), Gerry Kleba, Terri Meyer (daughter-in-law of Irene & John Meyer), Vickie Avellone, Pat Naum (wife of Louis), JoAnn & Donald Anderson, Holly Jacobs (Ruth Hasser's cousin), Cynthia Evez, Stella Noecker, Kathy Queisser, Jane Ngatia, Eugene Schulte (St. Cronan 1953 alumnus), Ellen Knighter, Maggie Yanochick, Kristian Logan Booker, Charles Malone, Rosie Cockrell, Ed Burton, Lisa Picker, Tom Curtis and Alexa Glore (Trish Curtis' family), Koeller Lucille Nash, David Sieben (Rocky's father), Barbara Peper (Anne Perkins' stepmother), Peggy Moss (Marcy Soda's cousin), Daniel Whealon (Mary Whealon's twin brother), Sue Lauritsen's son Nodric, Danielle Oliveros (Nancy Buck's granddaughter), Paul Wegman (John's father), Paul Oldenburg, Susan Christopher, Carrie Brown (Roland Martir's daughter), Nancy Buck's daughter Chris, Edward Dee (son of Mary Ellen Dee), Jeffrey Williams, Arthricia Temes, and Genevieve Pollack.

Rest In Peace: Martha Dickey, mother of David Dickey, entered into eternal life on Thanksgiving evening at her retirement home in Baltimore – in her sleep, as she had wished. She had been in failing health. The funeral was in Baltimore on Wednesday, 2 December, which would have been her 95th birthday. We extend our prayers and sympathy to David, Mary, John and other family members. May she rest in eternal peace.

“Pasta Dinner and Open House” at Catholic Charities Midtown Center: Begin your holiday season joining friends and neighbors for “dinner” catered by LoRusso's Cucina at “our house” – Catholic Charities Midtown Center, **this** Sunday, 6th December with 4:30 p.m. and 6:00 p.m. seatings - \$25/person. Enjoy wine tasting. Wine may be ordered for holiday parties and gifts. Learn about Midtown's programs and community needs. Call (314) 534-1180. (1202 South Boyle Avenue – parking adjacent to Midtown)

Winter Outreach: You don't have to be a weatherman to know that it's getting colder out there, and we will soon be having bone-chilling cold at night. So I am here once again to request blankets, which will be distributed to homeless individuals who refuse to come in for the night when the temperature is going to be very cold. Winter Outreach (<http://groups.yahoo.com/group/stlwinteroutreach/>) searches the lonely parts of downtown looking for the homeless on nights when the temperature is expected to be 20 deg. F or lower.

We offer to take anyone we find to a shelter. We offer a blanket (and warm clothing if we have any) to those who won't go. So please bring your gently used, clean blankets to the back of church and Donna or I will collect them. If you feel called to purchase; purchasing something slightly more substantial than the small blankets that come rolled like a newspaper. While these are appreciated, they are not the most effective at keeping a person warm.

If you want to join us as we patrol for Winter Outreach, go to the website and press the link to "Join This Group". You will begin receiving emails from the group, and on nights when the coordinator(s) believes it will be extra cold, an email will be sent to you asking you to gather at 7PM at Centenary Methodist Church at Olive & 16th. If you are new you will get a quick orientation and will be sent out with an experienced person. You may go out as often as you feel called. Thank you for your generous support of this ministry, whose only purpose is to prevent needless death on the streets of our city.

Love and Joy, Joe Moramarco

T'ai Chi Chih 9:30a Sundays, outside (weather permitting) or in the balcony.

The Food Pantry is open on the 2nd, 4th, and 5th Saturdays of the month from 9:00-11:00a. It serves households in the 63110 zip code.

Faith Formation communities meet 1st and 3rd Sundays from 8:45 a.m. to 9:50 a.m. at the Parish Center to nurture the relationship with God and with one another.

Faith Formation, Children's Liturgy, Children and Youth Census Sign-Up: Our children need prayer leaders for children's liturgy. You do not need to be a teacher or theologian or preacher but members of our faith community who will tell a story of God's love and lead the children in prayer during liturgy of the word at the 10 AM liturgy. I have created packets with the story, a tape with songs, and other support materials. Contact [tmkkernan \[at\] earthllink.net](mailto:tmkkernan@earthlink.net) if you are willing to lead. By the way, you need not be a parent - just willing to be a friend to our children!_____

COOKBOOKS FOR SALE! The St Cronan Cookbook is finally ready...just in time for Christmas! They are a wonderful collection of more than 250 treasured recipes from parishioners and friends. Recipes span all the regular cookbook categories as well as a miscellaneous section featuring dog biscuits and bubbles. Food-related quotes are interspersed throughout. The cookbook makes a beautiful and useful gift. Books will be sold following Sunday masses for \$10 each (cash or check made payable to St Cronan's). Hurry and get a copy for yourself as well as a few for beloved friends!

Bro. Mel Book Signing Celebration: You are invited to the book signing celebration for Bro. Mel: A Lifetime of Making Art on Sunday, December 13 from 2 - 6 pm at Marianist Galleries, 1256 Maryhurst Drive (on the campus of St. John Vianney High School) in Kirkwood, MO. Info:http://melsmart.com/main.php?g2_itemId=1778

The Cronan St. Vincent DePaul's annual Holiday Cookie Sales have begun. Please assist us with this important financial endeavor and enjoy wonderful cookies from Taste and Tell. We will be selling up to Christmas.

St. Cronan St. Vincent DePaul Christmas Adopt a Family Adoption Coordinator is Kathleen Johnson [kathleen.a.johnson2 \[at\] boeing.com](mailto:kathleen.a.johnson2[at]boeing.com). If you have shared with us after church that you are interested in adopting a family please review the [following to insure we have included](#) all: --Audrey, Jim, and Tracey Miles Families; --Kay and Henry Schmitt; --Rosette Signorelli; --Heather Hageman and Faith Formation Groups; --Jim Kelly and other parishioners; --Eileen Heidenheimer. If missing, call Kathleen to include you. Thank you for taking the time to make this season so special for the neighbors.

THE PASTOR'S PEACE

By Father Gerry Kleba

HOPE

It is the bud that looks as if it were getting nourishment from the tree (indeed the peasant calls them greedies), it is the bud that looks as if it were resting on the tree, coming out of the tree, as if it could not be, as if it could not exist without the tree. And today, in truth, it comes out of the tree, at the armpit of the limbs, at the armpit of the leaves, and it can no longer exist without the tree. It looks as if it came from the tree, as if it were robbing the tree of its sustenance. And yet it is from that bud, on the contrary, that everything comes. Without a bud that once appeared, the tree would not exist. Without those thousands of buds that come out once at the beginning of April and sometimes in the last days of March, nothing would last, the tree would not last and would not keep its place as a tree.

GOD SPEAKS by Charles Peguy

In reading this wonderful poem, I was reminded of how much I love to see the autumn buds that set on the dogwood tree right by my side door between the church and the rectory. I am not aware of other trees that set their buds in the fall and risk their future on the blustery brutality of winter with its snow and ice. I have sometimes photographed the buds with a coating of crystal ice and wondered that they would hang on during the thaw and refreezing.

If indeed the dogwood is a singular and unique specimen on that account, there is a certain appropriateness about that risky fact. When the buds blossom in their cruciform shape around the Holy Week and Easter Season they are looked upon as a representation of the suffering and resurrection of Jesus. Nothing could be more fitting than to know that they had endured the crucible of pain during the throws of winter.

All of this is profoundly meaningful for me as I endure the cancer and wonder about what future treatment might be in order for me. In the midst of all this uncertainty is doubt and pain. But I feel budding HOPE and confidence that suffering and death never have the last word.

Pray for Peace in 2009

Parishioners wishing to celebrate the Sacrament of Marriage are asked to contact Father Gerry at least six months in advance of the proposed wedding date. The Sacrament of Reconciliation is available on Saturdays at 4:30p and at other times by appointment. Adults who are interested in Sacramental preparation (Baptism, Eucharist, Confirmation) should talk with Father Gerry about RCIA — the Rite of Christian Initiation of Adults is held in the Parish Center – 10a on Saturdays:

From the Desk of Barbara O'Connell, our parish nurse: **VITAMIN D:** A report by the International Osteoporosis Foundation has alerted medical professionals to a serious health problem of global proportions. The report states that the Vitamin D status is seriously inadequate in large proportions of the population across the globe. Vitamin D is mainly produced in the skin upon exposure to sunlight and to lesser extent is derived from nutritional sources. It plays an important role through its influence on calcium levels in maintenance of organ systems and is needed for normal bone mineralization and growth. It helps keep our bones and teeth healthy and it also boosts our immune system by regulating its activity and by preventing an excessive or prolonged inflammatory response. Vitamin D also helps regulate blood sugar levels and prevent high blood pressure.

Ultraviolet-B (UVB) rays in sunlight trigger the skin to produce Vitamin D. Brief sun exposure can supply your daily needs with a minimal risk of side effects and little worry about what's in your diet. You don't need to sunbathe---just exposing your face, arms, and legs for 5 minutes a day will get you a healthful dose of Vitamin D. There are many days without sun and there are many factors that make it difficult to get the necessary exposure to sunlight. Our skin color and age influence how much Vitamin D our body can make. Fair-skinned people need less time in the sun for adequate Vitamin D production. The darker your skin tone, the longer it takes for your body to produce enough Vitamin D. Also, natural skin changes make it harder for rays to convert sunlight to Vitamin D as we age. People over 50 typically need to rely more on food sources or supplements for their Vitamin D. Foods rich in Vitamin D include fatty fish and fish oils (sardines, salmon, shrimp), fortified cow's milk, and eggs. source: www.whfoods.org and Nancy Berkhoff, RD, EDD in Whole Food Market, July/August 2009 newsletter

Mark your Calendars! The third meeting of the Catholic Employment Network group for St. Cronan, St. Margaret of Scotland and Catholic Charities Midtown Center will be held on Tuesday, January 5 at 5:00pm at 1202 S. Boyle Ave. Anyone looking for job leads, networking opportunities and support in their job search should attend. Call 314-534-1180 for more information.