



ST. JANE FRANCES DE CHANTAL

38750 RYAN ROAD, STERLING HEIGHTS, MI 48310 586-977-8080 SJFPARISH.ORG



Fr. Tony Sulkowski
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Ext. 102

This Sunday, the Church begins the season of Advent—a time of preparation for the Feast of Christmas and the New Year. Many people have begun to prepare for this wonderful season; to know that, one only has to drive through the neighborhood and see all the colorful lights and Christmas trees decorated with ornaments and tinsel.

Decorating is one way we prepare for something special. When we celebrate family events like marriages, baptisms, graduations, or the birth of a child, we always prepare so the celebration will feel memorable. However, we also prepare so that we aren't caught off guard as the event approaches.

The Church invites us to prepare as we enter the season. Advent is our time to prepare ourselves spiritually for the great Feast of Christmas. There are many ways we can do this—by attending daily Mass, doing some spiritual reading, using the Little Blue Books, fixing a broken relationship, volunteering at the Church or in the community, etc. How we prepare and when we prepare is up to us. The fact is that Christmas will come whether we are prepared or not.

As we enter into the season of Advent, may we prepare ourselves for the birth of Christ, and may we pray for each other as we continue to build up the Body of Christ. Christmas is a time in which Christ is born into the world again.

As you may or may not know, the Michigan Catholic has been replaced by the Detroit Catholic. It is an online newspaper. Many of the papers that we read are now online. If you wish to view the Detroit Catholic, you can either go to the Archdiocese of Detroit's website, aod.org, or you can visit it directly at detroitcatholic.org. I must say that the layout is colorful and wonderfully done. I hope you enjoy the current news from the local Church, as well as the international news from the universal Church.

Have a wonderful Advent.

Bon mot: "Plunge into the deep without fear, with the gladness of April in your heart."

—Sir Rabindranath Tagore

Carpe Diem,

Fr. Tony



**RISE AND
BE NOT AFRAID.**

**MAKE A PLEDGE TO THE
CATHOLIC SERVICES APPEAL
AT GIVECSA.ORG**

NOVEMBER 29, 2020



**THE DIGITAL MUSIC
SERIES IS BACK!**
**JOIN US FOR ADVENT
AND CHRISTMAS MUSIC AT
SJFPARISH.ORG/DIGITALMUSICSERIES**

FIRST SUNDAY OF ADVENT

WORSHIP SCHEDULE

Weekend Masses

Saturday 4:00pm
Sunday 9:00am & 11:30am

Weekday Masses

Tuesday 7:00pm
Wednesday & Thursday 8:00am

Holy Day Masses As Announced

Confession

Tuesday 5:30pm

Rosary

Tuesday 6:00pm

OFFICE HOURS

Monday, Wednesday, & Thursday

9:00am—1:00pm & 4:30pm—8:00pm

Tuesday

2:00pm—8:00pm

Saturday

3:00pm—5:00pm

Sunday

10:00am—12:30pm

PARISH HAPPENINGS

Monday, November 30, 2020

9:00am Panera

Tuesday, December 1, 2020

5:30pm Confessions

6:00pm Rosary

7:00pm Mass

Wednesday, December 2, 2020

8:00am Mass

9:30am Needlecrafters

Thursday, December 3, 2020

8:00am Mass

9:00am Swiffers Team #4

Friday, December 4, 2020

No events

Saturday, December 5, 2020

4:00pm Mass

Sunday, December 6, 2020

9:00am Mass

11:30am Mass

Parishioners,

This has been a year unlike any other. In the midst of the COVID-19 pandemic, we have been forced to social distance, wear masks, and make sacrifices out of love and charity for the health of our fellow children of God. Despite these challenges, we have remained connected in our faith.

As the Christmas season approaches, we call on Jesus to remind us that no matter what happens, Christmas will come. It may look different than how we are used to, but we will still celebrate the birth of the Christ child, and we will still remain together in God.

As you plan your own Christmas celebration, we would like to remind you that **all the faithful of the Archdiocese of Detroit are dispensed from the obligation to attend public Mass until February 17, 2021.** This means that we are dispensed from the obligation to attend Christmas Mass. When you are considering whether to attend Christmas Mass during this pandemic, please keep the dispensation in mind, and use your own judgement to decide what is best for your own situation.

The Archdiocese of Detroit has announced that the faithful of our diocese **are asked to only attend Mass once during the period of December 24, 2020 through December 27, 2020.** If you attend Mass **once** anytime from Thursday to Sunday, it will fulfill both your obligation to attend Christmas Mass and weekend Mass.

There are multiple options to attend Mass this Christmas season. Again, if you choose to attend Mass in person, you need only attend **one** Mass of the following:

On December 24, 2020:

4:00pm Christmas Eve Mass

6:00pm Christmas Eve Mass

Midnight Mass on Christmas Eve
(with 11:30pm Music Prelude)

On December 25, 2020:

9:00am Christmas Day Mass

11:30am Christmas Day Mass

On December 26, 2020:

4:00pm Mass

On December 27, 2020:

9:00am Mass

11:30am Mass

Attending any one of these Masses fulfills the obligation to attend Mass both on Christmas and on the weekend of December 26/27, 2020.

St. Jane Frances de Chantal also encourages you to limit your attendance at Mass to only **once** during December 24, 2020 through December 27, 2020. We ask this out of love and consideration for the health and safety of others, and for our own Mass capacity.

As you know, we are limited in how many parishioners we can currently accommodate at Mass due to COVID-19 restrictions. Your choice to attend only **one** Mass from Thursday to Sunday this Christmas season will help us keep our parishioners safe and healthy. We thank you for your understanding and for your sacrifice.

If you are planning to attend Mass in person, we ask that you please review our COVID-19 Mass guidelines. These are available on the homepage of sjfparish.org, near the bottom of the page, under “News.” These guidelines detail our policies and safety procedures for a safe, holy celebration of Mass during COVID-19. If you attend Mass in person, it is important to remember that:

Masks are **required to be worn over both the mouth and nose.**

Face shields are **not** an acceptable mask substitute.

Minimum six-foot social distancing **must be practiced.**

Again, we thank you for your understanding and your sacrifice in following these guidelines.

We also encourage you to participate in video Mass if attending in-person Mass is not in your best interest. **We will offer a video Mass for both Christmas (the Nativity of the Lord) and for the weekend of December 27, 2020 (the Holy Family of Jesus, Mary, and Joseph).** Video Mass offers spiritual Communion, fulfills the obligation to attend Mass, and is available on both our YouTube channel and sjfparish.org.

Although this will be a different Christmas than we are used to, we will still celebrate the birth of Christ and remain together in God. We pray for your safety and wellbeing throughout these challenging times.

In Christ,

Fr. Tony and the staff of St. Jane Frances de Chantal

HELP SPREAD CHRISTMAS JOY AT OUR PARISH!

We are nearing the beginning of Advent, and before we know it, Christmas will be upon us. Although we are socially distant this Advent and Christmas season, and some may be worshipping from home, we can still celebrate the joy we all feel at Christmas.

You may recall that, while we were apart at Easter, we collected messages from our parishioners and compiled them in our Easter bulletin to celebrate the joy we still felt as a family of Christ, despite being apart. This was a wonderful display of the sense of community we feel as a parish.

Now, we want to hear from you again!

Email us at christmasjoy@sjfparish.org by **December 6, 2020** with a message that shares the joy you feel celebrating Christmas at our parish!

Here’s a sample of what we are looking for:

“I love celebrating Christmas at our parish. The beautiful decorations and smiling faces make me so excited to worship!” —Deborah

We will compile your submissions and include them in the Christmas bulletin, listing your responses and first name only. We can’t wait to hear from you and celebrate Christmas joy at our parish!

SCRIPTURE READINGS WEEK OF NOV. 29, 2020

Sunday

1st Sunday of Advent

Is 63:16b-17, 19b, 64:2-7

Ps 80:2-3, 15-16, 18-19

1 Cor 1:3-9

Mk 13:33-37

Monday

Feast of Saint Andrew, Apostle

Rom 10:9-18

Ps 19:8, 9, 10, 11

Mt 4:18-22

Tuesday

Is 11:1-10

Ps 72:1-2, 7-8, 12-13, 17

Lk 10:21-24

Wednesday

Is 25:6-10a

Ps 23:1-3a, 3b-4, 5, 6

Mt 15:29-37

Thursday

Memorial of Saint Francis Xavier, Priest

Is 26:1-6

Ps 118:1 and 8-9, 19-21, 25-27a

Mt 7:21, 24-27

Friday

Saint John Damascene,

Priest & Doctor of the Church

Is 29:17-24

Ps 27:1, 4, 13-14

Mt 9:27-31

Saturday

Is 30:19-21, 23-26

Ps 147:1-2, 3-4, 5-6

Mt 9:35—10:1, 5a, 6-8

Sunday

2nd Sunday of Advent

Is 40:1-5, 9-11

Ps 85: 9-10, 11-12, 13-14

2 Pt 3:8-14

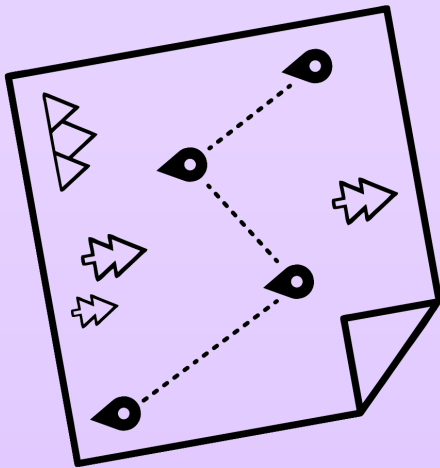
Mk 1:1-8



FIRST SUNDAY OF ADVENT

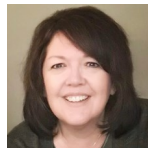


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Advent is a journey toward Bethlehem.
May we let ourselves be drawn
by the light of God made man.

—Pope Francis



Laurie Hall
Pastoral Associate
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Ext. 104

Today, we begin the season of Advent.

Advent is a word with Latin roots. It means "approach" or "coming." But what is Advent, really?

Advent is the beginning of the new liturgical year for the Roman Catholic Church. On the first Sunday of Advent, the Church celebrates its own kind of New Year's Day.

Advent begins each year on the Sunday closest to November 30th, which is the feast day of Saint Andrew the Apostle. We also begin a new cycle of readings on the first Sunday of Advent, this year focusing on the Gospel of Matthew.

What are we to do during Advent? The season is given to us as a time to prepare our souls for the coming of the Lord. We are called to examine our lives in the light of Christ. Pope Francis said that Advent is "a journey toward Bethlehem. May we let ourselves be drawn by the light of God made man."

This is the focus of our Advent preparations for the coming of Jesus into our world. Spend some time this Advent, in preparation for the coming of the Lord in Bethlehem, to be a people of light, living in hopeful anticipation of the entrance of God into our world in the form of a tiny baby who brings hope and salvation.

One way to be people of hope is to learn about our faith and to pray. For the last ten weeks, a team of six people has worked to communicate Catholic Social Teaching principles, helping to form us as Catholics in the ways we serve God and each other. These articles have been printed under the title **Modern Catholic**. While the introductory series has already completed, there is much more to come. Look for a deeper dive into each topic next year.

I wish to thank the team members: Mary Lee Becker, Eileen Clase, Lucas Jeffrey, Diane Murphy, and Kathy Pawlik. This team has worked tirelessly to bring the themes of Catholic Social Teaching into our homes and hearts. The team would like to offer the following prayer (adapted from franciscans.ie) for your Advent journey as we seek to be drawn into the light of God:

God our Father,
you created the world
and sent your own son to live among us,
made of the same stuff,
breathing the same air,
marveling at sunrise and sunset
just as we do.
Help us to participate in the life around and within us
as your life,
as you living in us and we living in you
and in each other.
God of love and life,
restore us to your peace,
renew us through your power,
and teach us to love
all that you have created
and to care for the earth
as your gift and our home.

(The Earth Community: In Christ through the Integrity of Creation)

ADVENT 2020 RESOURCES

Advent is nearly upon us! **Advent begins with the Vigil Mass on Saturday, November 28th**. We have several ways to prepare for and engage in this season:

Advent Candles for home use are available in the Parish Office for a donation of \$3/set.

“Little Blue Books,” Advent Edition are available in the Gathering Space for your Advent preparations. These little books offer a great way to prepare your heart for the Lord. Suggested donation is \$1/book.

Alternate Advent Reflection Books can also be found in the Gathering Space. These are two new resources for daily Advent reflection: *Miracles Abound* by Sr. Janet Schaeffler, OP and *A World Full of Promise* by David M. Knight. Both booklets provide a reflection and Advent prayer for the day, as well as a suggestion for an action or activity to practice your faith. Suggested donation is \$1/book.



ADVENT 2020 EVENT SCHEDULE

Feast of the Immaculate Conception:

Tuesday, December 8, 2020. Mass at 8:00am and 7:00pm.

Adoration:

Tuesday, December 8, 2020 from 1:00pm—6:30pm in the Chapel with recitation of Divine Praises at 6:30pm.

Advent Reconciliation Service:

Monday, December 14, 2020 at 6:00pm in the main Worship space.

Advent Reconciliation:

Monday, December 21, 2020 from 10:00am—12:00pm & 6:00pm—9:00pm at SS. Cyril & Methodius.

Decorate for Christmas:

Christmas decorating will look different this year. If you are interested in helping decorate for Christmas, please call the Parish Office at 586-977-8080.

VIDEO MASS, EVERY WEEKEND.
SJFPARISH.ORG/MASS

PRAYERS, REFLECTIONS, AND MORE.
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BLESSING OF AN ADVENT WREATH

Adapted from the Catholic Household Blessings and Prayers.

The blessing of an Advent Wreath takes place on the First Sunday of Advent, or on the evening before the First Sunday of Advent.

When the blessing of the Advent Wreath is celebrated in the home, it is appropriate that it be blessed by a parent or another member of the family.

All make the sign of the cross as the leader says:

“Our help is in the name of the Lord.”

Response:

“Who made heaven and earth.”

Then the Scripture: Isaiah 9 (lines 1-2 and 5-6), Isaiah 63 (lines 16-17 & 19), or Isaiah 64 (lines 2-7) is read.

Following the reading, with hands joined, the leader says:

“Lord our God, we praise you for your Son, Jesus Christ: he is Emmanuel, the hope of the peoples; he is the wisdom that teaches and guides us; he is the Savior of every nation.

“Lord God, let your blessing come upon us as we light the candles of this wreath. May the wreath and its light be a sign of Christ’s promise to bring us salvation. May he come quickly and not delay.

“We ask this through Christ our Lord.”

Response:

“Amen.”

This blessing may conclude with a verse from *O Come, O Come, Emmanuel*:

“O come, desire of nations, bind in one the hearts of humankind; bid ev’ry sad division cease and be thyself our Prince of peace.

“Rejoice! Rejoice! Emmanuel shall come to thee, O Israel.”

OFFERTORY INFORMATION NOVEMBER 15, 2020

Registered Families:	1,386
Envelopes Returned:	142
Amount Offered:	\$5,730.00
Loose Offering:	\$298.00
Online Giving Contributors:	117
Contributions:	\$5,037.00
Total Offerings:	\$11,065.00
2020 Budgeted Offertory:	\$11,786.00
Actual Offertory:	\$11,065.00
Difference:	-\$721.00

Thank you to those who continue to donate; your contributions help us continue operations during the pandemic. To sign up for online giving, visit sjfparish.org/onlinegiving.

If you have any questions, contact Jody at JGazo@sjfparish.org or 586-977-8080, ext 112.

SPONSOR OF THE WEEK

STEVEN WILK of
DAVID WYSOCKI
FUNERAL HOME

Thank you for advertising in our bulletin! We ask our parishioners to support our advertisers, as they make our bulletin possible.

INTERCESSORY PRAYER

Let us pray for you!

Although we are still socially distant, our Intercessory Prayer team is still here for you—they are praying for all requests submitted.

Our Intercessory Prayer box remains open on our website. Please visit sjfparish.org/intercessoryprayer to submit prayer requests.

If you have any questions, or would like assistance finding the online Intercessory Prayer box, contact Laurie Hall at LHall@sjfparish.org.



Ben Klassen
*Youth Ministry Coordinator &
Director of Faith Formation*
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Ext. 108

Advent 2020—the beginning of a Liturgical Year unlike most any other. We missed our Easter celebrations, Pentecost, and large Independence Day gatherings. People have missed

birthday celebrations, anniversary parties, and we have been asked to seriously slim down our Thanksgiving gatherings.

But even more importantly, there are those missing loved ones because of the pandemic—those who are stuck in a hospital, unable to see or be seen by those who love them, only attended to by sets of eyes, oftentimes behind full plastic face shields.

We celebrate, during Advent, a coming wind of change. For ages, humanity has looked for a savior. Every society has looked for a different “kind” of savior—a savior from oppression, from harm, from ruthlessness, etc.

But Christians know that deep down we sought a savior from the end of life—what we call death. We still experience life as God has given it to us to experience: bookended by birth and death. However, we have also been given the revelation that there is more to our understanding of life than what we know. There is a life beyond our notion of time, a life with the creator of all, and we can begin to know this life and all that is possible when we acknowledge God and live our lives—not just for “me,” but for the good of our neighbors, all of them, even those that believe differently than we do.

Our visible celebration is often themed around the birth of the Christ child—the baby Jesus. Stories like the journey of Mary and Joseph toward Bethlehem for the census, or Mary’s visitation with her cousin Elizabeth, come to mind. Now, re-read this week’s Gospel—Mark 13:33-37—and hear the different tone it takes. It’s a tone of preparation, almost a continuation of the readings from the end of the Liturgical year, but when placed in a “new year,” or new situation, it lends itself to new life and birth.

We are called to be ready when expecting a child. People pack a “go-bag” that they can grab and head straight to the hospital with. Firefighters and police officers often have a go-bag in their car with a couple changes of clothes and extra gear at the ready, should they be called upon to serve their community. Members of the military (especially those in the National Guard and Reserves) live their normal lives in full knowledge that they may be called upon to drop everything and travel into danger—many times, at quite a distance from home.

“Be Watchful! Be Alert! [...] What I say to you, I say to all: ‘Watch!’”
(Mk 13:33, 37).

This pandemic has changed all of our lives, but each of us are still called to be ready, alert, and watchful. We are each called to be hopeful for the future, even when we see pain and suffering. We are called to give hope to others, especially those who give so much for us—our healthcare professionals and our frontline workers who have kept working this entire time. We are also called to be hope for each other by living for each other and keeping our neighbor in mind whenever we do anything.

The days are getting shorter and the nights longer, but we know that this too shall pass, and the sun will shine bright again in our lives. Be prepared for this future that is coming.

Be watchful, be alert, and be hope for the world! Happy Advent—and Happy “New Year!”

ADVENT GIVING TREE

“Whatever you did for one of these least brothers of mine, you did for me”
(Mt 25:40).

We invite you to join our annual Advent Giving Tree project and share your blessings with those less fortunate, especially during these challenging times.

The Advent Giving Tree will work differently this year in order to ensure the health and safety of all involved. **We will not be able to collect toys, clothing, or other items.**

Instead, we ask that donations be made in the form of **gift cards or cash.** We will distribute donations to the organizations we support. The organizations will then obtain the items they need to provide a Christmas celebration for those they serve.

Gift cards are needed in **\$10, \$20, and \$30** amounts. You are welcome to donate as many gift cards as you wish. Gift cards are requested for **Kroger, Meijer, Walmart, and Target.** **Cash** donations may be made in any amount (checks payable to St. Jane Frances de Chantal Parish).

Please enclose your donation in an envelope and write “Giving Tree” on it.

Donations can be placed in the Advent Giving Tree donation box in the Gathering Space or brought to the Parish Office during office hours. **The deadline for donations is Sunday, December 13, 2020.**

We hope you will consider participating. Your spirit of generosity will make Christmas special for so many in need.

This year, we are hoping to support the following organizations. They support diverse needs both within our parish and beyond:

Children of families served by **St. Vincent de Paul**

Mary’s Children Family Center for brain injury recovery

St. Aloysius “neighborhood ministry” to the homeless, working poor, and seniors in Detroit

St. Vincent de Paul Archdiocesan ministry to prisoners and newly-released inmates

Turning Point shelter for domestic violence victims and survivors in Macomb county

McWARM warming center, a gathering place for the homeless in Macomb county

For more information, call the Parish Office at 586-977-8080, or visit sjfparish.org/givingtree.

2020 CHRISTMAS FLOWER DONATIONS

2020 Christmas Flower donations are due by **today, November 29, 2020**, in order to be included in the 2020 Christmas Flower Insert.

GET THE LATEST ARCHDIOCESAN NEWS.
AOD.ORG



FIRST SUNDAY OF ADVENT

ST. JANE FRANCES de CHANTAL PARISH COUNCIL

Pastor

Fr. Tony Sulkowski

Chairman

Craig Smith, crsgto@live.com

Vice Chairman & Member at Large

Bob Pawlik

Christian Service

Doreen Corby

Secretary

Nancy Dufoor

Finance

Ray Fortier

Worship

John Martin

Member at Large

Joe Nida

Stewardship

Linda Smith

Worship & Ushers

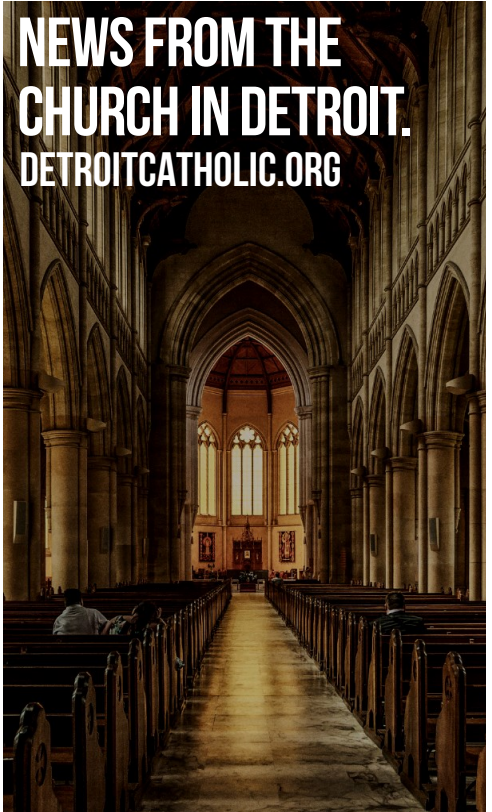
Leon Soltesz

Vicariate Reps

Julie & Ray Sroka

Education

Eric Rzeppa



**NEWS FROM THE
CHURCH IN DETROIT.**
DETROITCATHOLIC.ORG

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A NOTE ON OUR DIGITAL AND LIVE MASSES

This past Sunday, the Michigan Department of Health and Human Services issued an epidemic order to halt the spread of COVID-19.

In recognition of this order, **we will only be providing prerecorded video Mass until further notice.** We will no longer broadcast Mass live on Saturdays. However, **Mass for each weekend will still be available on our YouTube channel and our website.**

This does not affect the celebration of in-person worship. We continue to offer in-person Masses on our normal Mass schedule. We encourage all parishioners to use their best judgement when deciding whether to attend Mass in person.

NOW, WE WANT TO HEAR FROM YOU.

"I loved learning about Life and Dignity of the Human Person. It helped teach me that everyone deserves respect. I want to know more about how I can help make that a reality!"

Catholic Social Teaching continues to be our compass as we navigate the modern world. Now that Modern Catholic has introduced us to each of the seven principles, we must ask, "What now?"

How can we use the seven principles of Catholic Social Teaching to be a modern Catholic?

We encourage you to email us at moderncatholic@sjfparish.org to share how Catholic Social Teaching will influence your daily life. This is your opportunity to enter the conversation! Which principles stood out to you, and why? And, most importantly, what aspects of Catholic Social Teaching would you like to learn more about?

We hope to hear from you via email by **December 20, 2020** at moderncatholic@sjfparish.org!



Lucas Jeffrey
Communications Facilitator
LJeffrey@sjfparish.org
Ext. 101

You may have heard the news (also available on the left) that we are transitioning from live Masses to prerecorded Masses. While this will no doubt be difficult for many who rely on

the sense of community they feel when watching live Mass with the in-person congregation, this decision has been made out of love and concern for the health and safety of all. I sincerely appreciate the sacrifice of those who accommodate our decision to transition to prerecorded Masses.

Sacrifice is an enormous concept we are dealing with, right now. The state of Michigan has asked us to do our part in slowing the spread of COVID-19 and to not attend holiday gatherings this month, which I'm sure is difficult for everyone. After so many months of being shut indoors, it can be a struggle not to have the respite of getting together with family or friends.

It is a challenge—and the Church challenges us in many ways during the four weeks of Advent. You may have seen in this bulletin a diagram of a map alongside a quote from Pope Francis. As Laurie stated, this quote must be our rock for the Advent season—we are on a *journey* toward the birth of Christ, and although that journey will be more difficult than ever due to COVID-19, we will make it to Christmas one way or the other. The challenge comes in whether we are willing to overcome the obstacles along the way.

This week's readings also speak to this journey—the idea that we must be ready and willing to encounter the Lord on the journeys of our lives, as well as on our Advent journeys. But if Christmas is coming one way or the other, what's the value of going on the journey? If you're asking that question, it might help to consider Advent—like the map in this bulletin does—as four points on a map. We are not automatically ready to celebrate the birth of Jesus simply because Christmas arrives. When we follow a map, we reach specific points as we go—and the same is true of our Advent journey. This week, we must open ourselves to this journey and become willing to undertake it. After all, if we don't begin, we can't make it the rest of the way!

Our Advent journey is a journey of faith—of finding solace in the Lord and preparing ourselves spiritually to encounter Christ. One way to prepare is, always, to attend Mass. Each Sunday, we will hear Scripture proclaimed and follow the Church as it guides us Biblically to Christ's birth. When we attend Mass, however—in-person or online—let us not simply "watch." We must be present; we must think deeply and critically about what we hear, and apply that to our own faith lives. When we hear this week's readings about the importance of being ready to encounter Christ, what does that mean for *us*? How can we incorporate that into our own lives every day? Scripture is not merely meant to be read—it must be understood and incorporated.

Another way to start on our Advent journey is to engage in spiritual resources. Things like the Little Blue Books and the alternative Advent reflection material we have available here at our parish, as well as other resources like online reflection videos, prayer resources, or worship music are all valuable ways we can orient ourselves toward our faith and start ourselves on the Advent journey. When we engage with spiritual resources, we offer Jesus our hand and let Him guide us.

As we begin this Advent journey, let us take it slow, committing to the journey before we rush ahead to Christmas. We have three more weeks until the birth of Christ; let us make the most of them!

THREE SIMPLE WAYS TO UNLOCK AN ATTITUDE OF GRATITUDE

This article is adapted from unleashthegospel.org. If you're interested in seeing more like this, sign up for Parish News at sjfparish.org/news.

Written by Sr. Kathleen Matz CDP and Dan McAfee.

Gratitude. We hear the word a lot around Thanksgiving. What are you grateful for? Perhaps it is for the different facets of nature you see out on a walk, a great conversation with a friend, or that dinner was well-received and provided leftovers for lunch. What we are thankful for can be general or specific; it can be a one-time experience or an ongoing circumstance. We have the opportunity not only to recognize the blessing, but to show our gratitude to God who blesses us.

We may be overwhelmed because of the hardships faced by our families, friends, and parishioners—but we live in hope. As Archbishop Allen Vigneron teaches us in his pastoral letter, we are encouraged to have an attitude of gratitude. He writes, “The best antidote to discouragement is to praise God continually for who he is and to thank him for what he has done. ‘We thank you, God; we give thanks; we call upon your name and declare your wonderful deeds.’ (Psalm 75:2) Gratitude puts us in a right posture before God and opens us to his further work in our lives.”

Over the past year, with our lives turned upside down because of the Coronavirus pandemic, it has been hard to focus on gratitude. How can we have an attitude of gratitude? We have a few ideas:

Keep a journal where you write down three things for which you are grateful each day.

When stressed or overwhelmed, **find one thing** for which you can be grateful and thank God for that. Practicing this can help it become a habit that is second nature.

Look to others for examples. Consider calling on Blessed Solanus Casey. This is a man whose life was not easy. He struggled in the seminary, and even though he was eventually ordained to the Capuchins, it was as a simple priest. Humbly, and ever so honorably, he embraced a restricted ministry as the porter of St. Bonaventure Monastery, right here in Detroit. He worked during the Great Depression when millions were out of work, out of food, and out of money. As a doorman he listened to the stories of those who entered, writing down all the sufferings and absorbing all of it for inclusion in his personal prayers. Most people would be miserable with this constant barrage of pain, but not Bl. Solanus. Because of his unceasing faith, he remained optimistic and is remembered by many for the phrase, “Thank God ahead of time!”

Read more at unleashthegospel.org.

LECTOR SCHEDULE

Tuesday Dec. 1, 2020	Wednesday Dec. 2, 2020	Thursday Dec. 3, 2020	Saturday Dec. 5, 2020	Sunday Dec. 6, 2020
7:00pm Chris Bajercius	8:00am Annette Mobley	8:00am John Martin	4:00pm Keith Morris	9:00am Chris Darner 11:30am Robert Skwara

With Deepest Sympathy

The community of **St. Jane Frances de Chantal** extends support and prayers to the family and friends of:

Carol M. Mazelis

Beloved wife of the late Ronald.
Devoted mother of two.
Loving sister.

*Eternal rest grant unto them,
O Lord,
and let perpetual light
shine upon them.
May the souls of all
the faithful departed,
through the mercy of God,
rest in peace.*

ARMED SERVICES PRAYER LIST

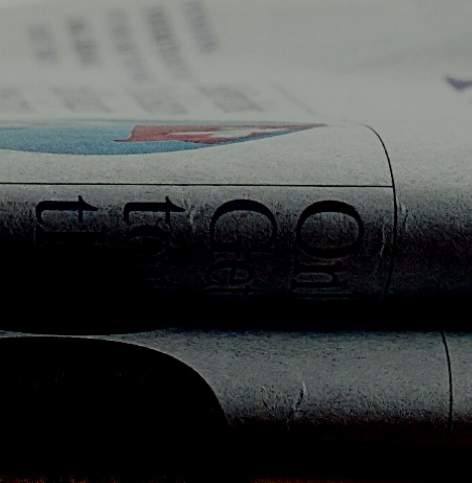
Robert Bain, *Army*
 Nicholas Brosowski, *Army*
 Chris Burley, *Navy*
 Shaun Chaplin, *Air Force*
 Winndie Darrow, *Coast Guard*
 Alexander J. Hendzell, *Marines*
 Louis B. Kasper III, *Coast Guard*
 Elijah Kuefler, *Navy*
 Carmen LaForest, *Navy*
 Matthew McDowell, *Air Force*
 Cassidy Kicinski Rose, *Air Force*
 Jeremy Rzeppa, *Navy*
 Scot D. Skoczylas, *Navy*
 Anthony Trotta, *Navy*
 Kyle Wiegand, *Army*

PRAYER LIST

Rene Juridico
 James Rasico
 Robert Rasico
 Steve Sadecki
 June Sadowski
 Chris Vertrees
 Marsha Zanardelli

Names on the Prayer List remain for four weeks. To request a listing, please contact the Parish Office.

KEEP IN TOUCH.
SJFPARISH.ORG/NEWS



MASS INTENTIONS

Monday, November 30, 2020 *No Mass*

Tuesday, December 1, 2020

7:00pm Dec. Norma Kuefler (Laurie Hall)
 Dec. Klara Blahota (Judy Taylor)
 Dec. Jim Sawicki (Judy Taylor)

Wednesday, December 2, 2020

8:00am Dec. Gini DenDoooven (Karen Graziano)

Thursday, December 3, 2020

8:00am Dec. James Kwapis (2nd Anniv.) (Family)
 Dec. Mary Kreft (John Kreft—Family)

Friday, December 4, 2020 *No Mass*

Saturday, December 5, 2020

4:00pm Dec. Eugene & Frances Berthiaume (Joyce)
 Kendziurski Family (Family)
 Dec. James Polizzi (Wife)
 Dec. Ignacz Blahota (Judy Taylor)

Sunday, December 6, 2020

9:00am First Sunday Monthly Memorial Mbrs.
 Dec. Laura Sadocha (5th Anniv.) (Family)
 Liv. Fred & Pamela Rancour (Tom & Phyllis Harris)
 Liv. Pazlin Vacaj Family (Maria Vacaj)

11:30am For the Parishioners
 Dec. Salvatore Cecchini (Family)

2021 CALENDARS

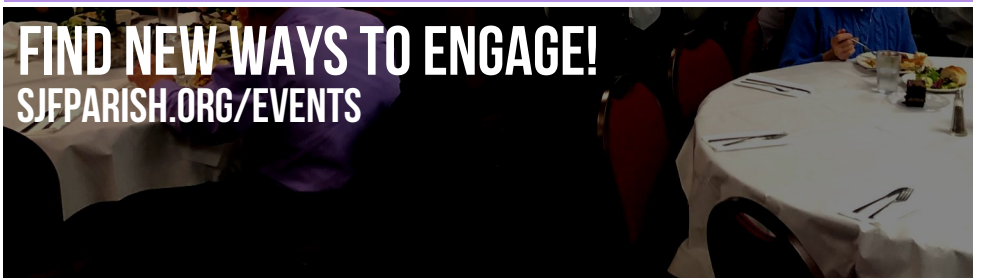
Calendars for 2021 are now available in the Parish Office.

REMEMBRANCE CANDLES

We have a small supply of Remembrance Candles **available in the Parish Office for a donation of \$5.00.**

These beautiful candles are for home use and can be personalized with a permanent marker or label maker and lit in remembrance of your loved ones.

FIND NEW WAYS TO ENGAGE!
SJFPARISH.ORG/EVENTS



OUR MISSION

“Nourished by God’s Word & the Eucharist, we strive to be a welcoming Catholic community dedicated to living and proclaiming the Gospel of Jesus Christ.”

NEW TO OUR PARISH?

Would you like to join the St. Jane Frances de Chantal parish family? Become a parishioner! You may register anytime in the Parish Office or online at sjfparish.org/joinus. We would love to have you!

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38750 Ryan Rd., Sterling Heights, MI 48310 586-977-8080 sjfparish.org

STAFF

Rev. Anthony Sulkowski

Pastor

FrTony@sjfparish.org // Ext. 102

Laurie Hall

Pastoral Associate & Worship Coordinator

LHall@sjfparish.org // Ext. 104

Jody Gazo

Business Manager

JGazo@sjfparish.org // Ext. 112

Janina Jacobs

Director of Music

JJacobs@sjfparish.org // Ext. 103

Ben Klassen

Director of Faith Formation & Youth Ministry Coordinator

BKlassen@sjfparish.org // Ext. 108

Lucas Jeffrey

Communications Facilitator

LJeffrey@sjfparish.org // Ext. 101

Mary Ann Gleich

Office Assistant

MGleich@sjfparish.org // 586-977-8080

Linda Smith

Stewardship Liaison

LSmith@sjfparish.org // Ext. 113

SACRAMENTS

CHILDREN'S BAPTISM

Do you have a child you would like to have baptized? Please call the Parish Office to make arrangements.

RECONCILIATION

Available Tuesdays at 5:30pm.

MARRIAGE

Congratulations! Please contact our Parish Office at least six months prior to your desired wedding date to begin preparations.

ANOINTING OF THE SICK

Contact the Parish Office to schedule one-time or regular visits.

RITE OF CHRISTIAN INITIATION OF ADULTS

Are you interested in joining the Catholic Church? Contact Laurie Hall to begin the process. Welcome home!



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 Coussens & Petracci Families
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 Betty Eschrich
 Finn & McNamara Families
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 Riley James Frush

Jesus & Mercedes Garcia
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 Norbert & Emily Golonka
 Gurney Family
 Kay Herrmann
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 John S. Kapeluch Family
 Richard H. & Richie Karasinski
 Fr. Mike Kazer
 Anthony & Jane Klik
 Kogut & Droz Families
 Jean Koscielski
 Bernard L. Kosnik
 John & Dorothy Kotulis
 Ron Kotulis
 Sandi Kotulis
 Kulwicki & Spellman Families
 Kwapis & Krull Families
 James Kwapis
 Kwiatkowski & Madeira Families
 Gerald & Kimberly LaForest

Joseph & Helen Levenski
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 Stanley & Dolores Lichocki
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 Mandziuk & Skonieczny Families
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 Clara & Stanley Milczynski
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 Vincent Nesci, D. C.
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 Kenneth Oakes
 Jack O'Connell
 Marsha A. Olson
 Bruno J. Osak
 Leandre & Vina Page

Helen & Henry Perliskey
 Genevieve Perliski
 Lois Polkinghorne
 Aniela Poslaiko
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 Risko & Potz Families
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 Michael Warchock
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