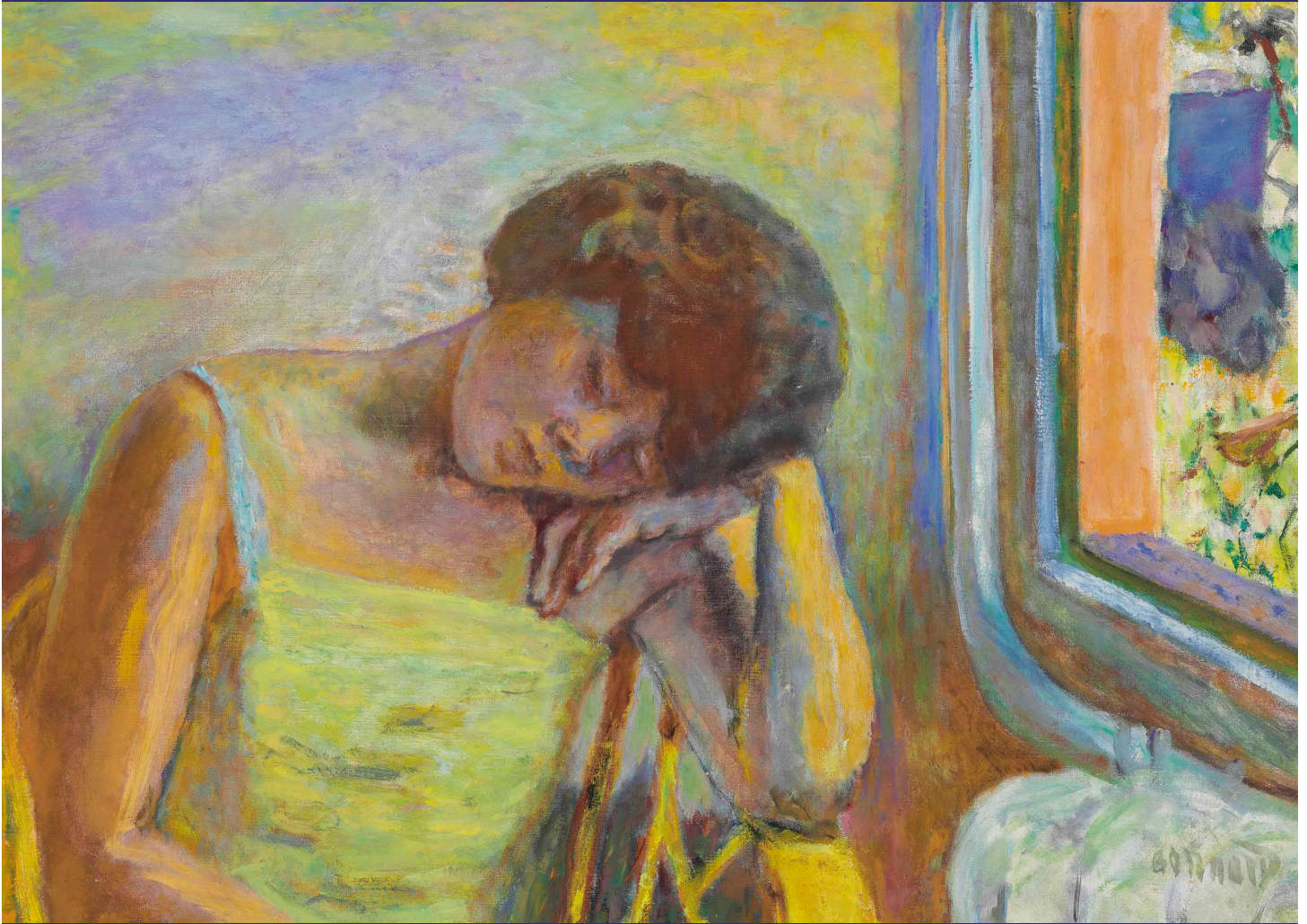


Saint Cecilia

P A R I S H



First Sunday of Advent

3 December 2023

Jesus said to his disciples: "Be watchful! Be alert!... May he not come suddenly and find you sleeping. What I say to you, I say to all: 'Watch!'"

Sleeping Woman by Pierre Bonnard



Saint Cecilia

P A R I S H

3 December 2023

THE FIRST SUNDAY OF ADVENT

ADVENT

Welcome to Saint Cecilia!

We welcome especially all our guests or visitors who are joining us this weekend. Please know you are always welcome.

PRELUDE | *Nun Komm' der Heiden Heiland* – first setting from *Clavierübung III*

Johann Sebastian Bach
(1685-1750)

THE ORDER OF THE MASS INTRODUCTORY RITES

PROCESSIONAL HYMN | *Christ, Be Our Light*

Bernadette Farrell

<https://www.mountauburnhospital.org/care-treatment/general-surgery/>



1. Long - ing for light, we wait in dark - ness.
2. Long - ing for peace, our world is trou - bled.
3. Long - ing for food, man - y are hun - gry.

1. Luz a - ño - ra - mos, luz es - pe - ra - mos.
2. Paz an - he - la - mos, se tur - ba el mun - do.
3. Fal - ta co - mi - da: mu - chos ham - brien - tos.



Long - ing for truth, we turn to you.
Long - ing for hope, man - y de - spair.
Long - ing for wa - ter, man - y still thirst.

Ver - dad bus - ca - mos, va - mos a ti.
Fal - ta es - pe - ran - za, y el a - len - tar.
Fal - ta be - bi - da: mu - chos con sed.



Make us your own, your ho - ly peo - ple,
Your word a - lone has pow'r to save us.
Make us your bread, bro - ken for oth - ers,
Haz - nos los tu - yos, tu pue - blo san - to,
Con tu pa - la - bra só - lo nos sal - vas.
Haz - nos tu pan, par - ti - do por o - tros,



Light for the world to see.
 Make us your liv - ing voice.
 Shared un - til all are fed.
Luz pa - ra el mun - do ver.
Haz - nos tu vi - va voz.
Has - ta sa - ciar - los bien.

Refrain / Estribillo



Christ, be our light! Shine in our hearts. Shine through the
¡Cris - to, la Luz! Bri - lla en tu I - gle - sia, luz en la
 dark - ness. Christ, be our light! Shine in your
no - che. ¡Cris - to, la Luz! Bri - lla en no -
 Church gath - ered to - day.
so - tros jun - tos a - quí.

- | | |
|--|---|
| 4. Longing for shelter, many are homeless.
Longing for warmth, many are cold.
Make us your building, sheltering others,
Walls made of living stone. | 4. <i>Muchos sin casa buscan abrigo.
Falta calor: yertos están.
Haznos tu albergue, tus piedras vivas
Que tu refugio dan.</i> |
| 5. Many the gifts, many the people,
Many the hearts that yearn to belong.
Let us be servants to one another,
Making your kingdom come. | 5. <i>Muchos los dones, mucha la gente,
Muchos desean pertenecer.
Haznos sirvientes unos de otros.
Venga tu reino, oh Dios.</i> |

CALL TO WORSHIP

✠ In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

✠ The Lord be with you.

All: And with your spirit.

PENITENTIAL ACT

COLLECT

LITURGY OF THE WORD

FIRST READING | Isaiah 63:16b-17, 19b; 64:2-7

RESPONSORIAL PSALM | Psalm 80: Lord, Make Us Turn to You

Marty Haugen

Refrain



Verses

1. O shepherd of Israel, hear us,
enthroned on the cherubim, shine forth.
Rouse up your might and come to save us.
2. God of hosts, turn again, we implore; look down from heaven and see.
Visit this vine and protect it, the stock your right hand has planted,
the son you have claimed for yourself.
3. May your hand be on the man at your right hand,
the son of man you have confirmed as your own.
And we shall never forsake you again;
give us life that we may call upon your name.

SECOND READING | 1 Corinthians 1: 3-9

GOSPEL ACCLAMATION | Alleluia from *Missa de Lumine*

arranged by Kathleen Demny



GOSPEL | Mark 13: 33-37

HOMILY

PROFESSION OF FAITH

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father. He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and the life of the world to come.
Amen.

UNIVERSAL PRAYER

THANK YOU FOR YOUR GENEROUS SUPPORT OF THE PARISH!

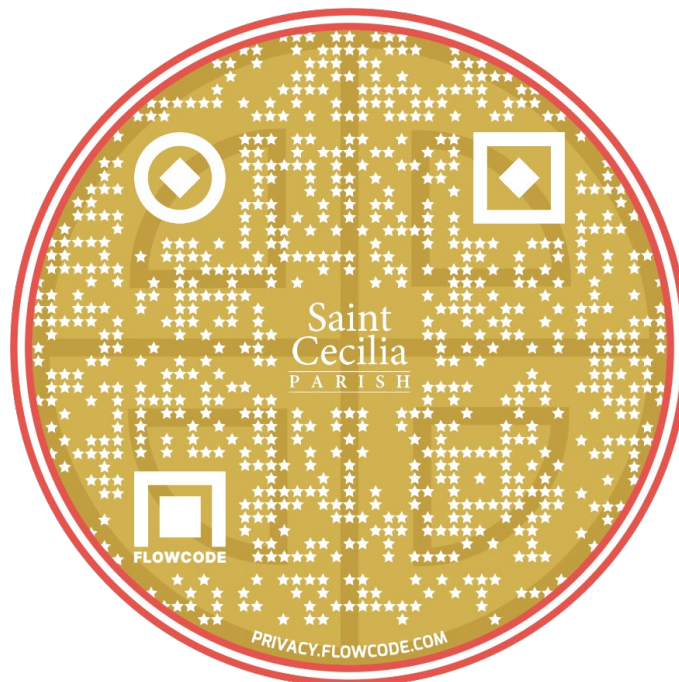
We are grateful for your ongoing support of Saint Cecilia. The easiest way to make a financial contribution to our parish is to use the parish Flowcode below.

Using the Flowcode with the camera on your smartphone is as easy as Aim & Tap. Aim your camera at the Flowcode image and tap the notification banner when it appears on your phone's screen. You may need to zoom in a bit to focus on the code.

If the Flowcode doesn't work for you, please visit www.flowcode.com/page/stceciliaboston.

You can also mail a check to:

Saint Cecilia Parish
18 Belvidere Street
Boston, MA 02115



LITURGY OF THE EUCHARIST

PREPARATION OF THE GIFTS | Come, Lord Jesus

Chris de Silva

Refrain

Ma-ra - na - tha! Come, Lord Je - sus. Ma-ra - na - tha!
**For the hun - gry, come, Lord Je - sus, for the bro - ken,*

God with us. Ma-ra - na - tha! Come, Lord Je - sus.
for the poor. For the thirst - y, come, Lord Je - sus.

Come, Em - man - u - el, come, Em - man - u - el.
Fill our hearts with love, fill our hearts with love.

Verses

1. You are light with - in our dark - ness:
2. Son of God, show us your mer - cy:
3. Send your Spir - it to those wait - ing:
4. Give your hope to all the na - tions:
5. As we gath - er at your ta - ble:

All:

Cantor:

Ma - ra - na - tha! God with us.
Come, Lord Je - sus, live in us.

You are light through -
Son of Mar - y,
Send your peace to
Give your joy to
Bless the ones who

All:

out your king - dom:
hold us close - ly:
all here, gath - ered:
all who love you:
call up - on you:

Come, Em - man - u - el,
Fill our hearts with love,

come, Em - man - u - el.
fill our hearts with love.

D.C.

EUCCHARISTIC PRAYER

✦ The Lord be with you.

All: And with your spirit.

✦ Lift up your hearts.

All: We lift them up to the Lord.

✦ Let us give thanks to the Lord our God.

All: It is right and just.

HOLY, HOLY | *Missa de Lumine*

arranged by Kathleen Demny

Ho-ly, Ho-ly, Ho - ly Lord God of hosts.
Heav-en and earth are full, are full of your glo-ry. Ho-
san - na, ho - san - na, ho - san-na in the high-est.
Bless-ed is he who comes in the name of the Lord. Ho-
san - na, ho - san - na, ho - san-na in the high-est.

MEMORIAL ACCLAMATION | *Missa de Lumine*

arranged by Kathleen Demny

Save us, Sav-ior of the world, for by your Cross and Res-ur -
rec - tion you have set us free.

GREAT AMEN | *Missa de Lumine*

arranged by Kathleen Demny

A - men, a - men, a - men, a - men.

COMMUNION RITE

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation but deliver us from evil.

For the kingdom, the power, and the glory are yours now and forever.
Amen.

DOXOLOGY

SIGN OF PEACE

LAMB OF GOD | Holy Cross Mass

David Clark Isele

The musical notation is written on two staves in G major (one sharp). The first staff is for the Cantor or Choir, and the second is for the All. The lyrics are: *Lamb of God, you take a-way the sins of the world, have mer-cy on us. grant us peace. The notation includes a triplet of eighth notes for 'a-way' and a repeat sign for the final phrase.

Cantor or Choir: *Lamb of God, you take a-way the sins of the world,
All: have mer-cy on us. grant us peace.

To repeat *Last time*

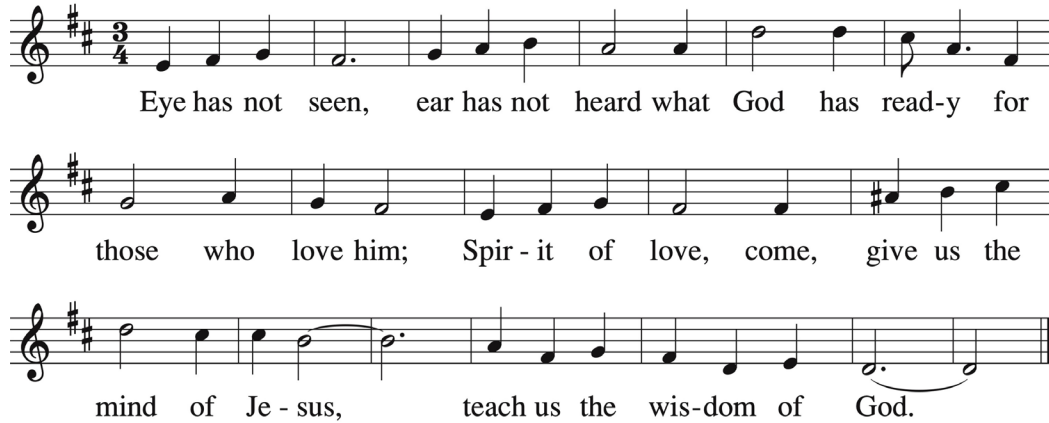
SPIRITUAL COMMUNION

It is a long-held Catholic belief that when circumstances prevent one from receiving Holy Communion, it is possible to make an “Act of Spiritual Communion.” When we are unable to be physically present at the celebration of the Eucharist, Pope Francis invites Catholics to say this prayer as a source of grace. We can be assured that when we express our desire to receive Jesus in the Eucharist, God will be with us spiritually in a special way. Here is an Act of Spiritual Communion that we encourage you to pray as you participate in our live-streamed liturgies.

ACT OF SPIRITUAL COMMUNION

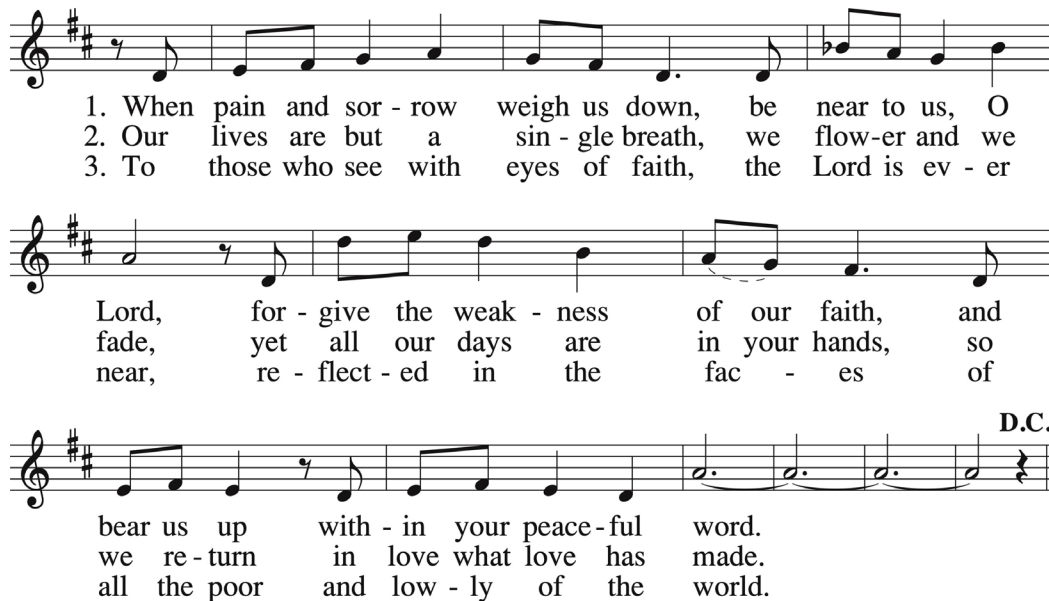
Loving Jesus, I believe that you
are present in the Most Holy Sacrament of the Eucharist.
I love you above all things, and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you.
Never permit me to be separated from you. Amen.

Refrain



Eye has not seen, ear has not heard what God has read-y for
those who love him; Spir - it of love, come, give us the
mind of Je - sus, teach us the wis-dom of God.

Verses 1-3



1. When pain and sor - row weigh us down, be near to us, O
2. Our lives are but a sin - gle breath, we flow-er and we
3. To those who see with eyes of faith, the Lord is ev - er
Lord, for - give the weak - ness of our faith, and
fade, yet all our days are in your hands, so
near, re - flect - ed in the fac - es of
bear us up with - in your peace - ful word.
we re - turn in love what love has made.
all the poor and low - ly of the world.

Verse 4



4. We sing a mys-t'ry from the past in halls where saints have
trod, yet ev - er new the mu - sic rings to
Je - sus, Liv - ing Song of God.

CONCLUDING RITES

BLESSING AND DISMISSAL

✠ The Lord be with you.

All: And with your spirit.

✠ May almighty God bless you, the Father, (+) and the Son and the Holy Spirit.

All: Amen.

✠ Go forth, the Mass is ended.

All: Thanks be to God.

RECESSIONAL | The King Shall Come When Morning Dawns

MORNING SONG



1. The King shall come when morn - ing dawns And
2. Not, as of old, a lit - tle child, To
3. The King shall come when morn - ing dawns And
4. And let the end - less bliss be - gin, By
5. The King shall come when morn - ing dawns And



light tri - um - phant breaks, When beau - ty gilds the
suf - fer and to die, But crowned with glo - ry
earth's dark night is past; O haste the ris - ing
wea - ry saints fore - told, When right shall tri - umph
light and beau - ty brings. Hail, Christ, the Lord! Your



east - ern hills And life to joy a - wakes.
like the sun That lights the morn - ing sky.
of that morn Whose day shall ev - er last.
o - ver wrong, And truth shall be ex - tolled.
peo - ple pray: Come quick - ly, King of kings.

POSTLUDE | Nun Komm' der Heiden Heiland – third setting from *Clavierübung III*

Johann Sebastian Bach

Music in this worship aid is printed with permission under Onelicense.net #A700-137.

For information on becoming involved or supporting the music program at Saint Cecilia,
please contact Dr. Robert Duff at 617-536-4548 or email: RDuff@stceciliaboston.org.

WELCOME!

Welcome to Saint Cecilia Parish, a Roman Catholic community that gathers day by day, week by week, to know and make known the grace of God. By means of this abundant grace, we enjoy a diverse and close-knit parish family—young, old, rich, poor, of various ethnic origins and differing backgrounds. From our extraordinary music program to a growing children's faith formation program; from the various liturgical ministries to the many opportunities for social outreach that the parish provides, Saint Cecilia is a vibrant community of faith, centered on prayer and worship that tries to keep the Gospel close to heart and to live by Jesus' teachings.

Saint Cecilia Parish was established in 1888. At that time the Back Bay section of Boston along Commonwealth Avenue and Beacon Street was the residential section of the Yankee aristocracy. The maids ("Irish working out girls") and coachmen who served these residents had long requested a church of their own. When Archbishop Williams granted their request and carved the parish from the territory of the Cathedral, they built a magnificent church out of their meager earnings. Our church building resides on the ancestral homeland of the Pawtucket and Massachusetts tribal nations.

The church was dedicated on April 22, 1894. Its architecture is Romanesque, XII Century Norman. The main altar, notable for its massive simplicity, was carved from a single block of white Carrara marble. The painting in the center reredos is a reproduction of da Vinci's The Last Supper, and the dome above is an array of 24K gold rosettes.

For the sixtieth anniversary celebration in 1954, a massive renovation project was undertaken. During this renovation, a statue of Pope Saint Pius X (canonized that same year) was imported from Italy and placed on the right side of the sanctuary. Above the statue are paintings from Pius' life. On the left side is a statue of Saint Patrick, principal patron of the Archdiocese of Boston, and above it are three scenes from his life.

Fourteen circular and sixteen square panels adorn the nave and arches of the church. The square panels are decorated with the symbols of Our Lady taken from the Litany of Loreto and the circular ones with symbols taken from the lives of the apostles. The great window of the Assumption—framed by the two oak cases of the organ—was installed in 1954 (the Marian Year) in spaces originally designed for windows but not until then used.

The original organ of 24 stops was built in 1902 by the Hutchings-Votey Organ Company, Opus 1465, and was rebuilt in 1954 with 32 stops. In 1998, Timothy Smith and Theodore Gilbert began a massive reconstruction of the organ. The current Smith & Gilbert Organ of 4 manuals, 54 ranks, and 3,084 pipes was dedicated on the Feast of Saint Cecilia, November 22, 1999.

Today we are experiencing something of an awakening within these old walls. Our numbers are increasing by 350 new households each year, and we continue to grow in our commitment to issues of peace, justice, and service to our neighbors, both near and far.

We've been right here on Belvidere Street, in the same building for over 125 years, but that does not mean that life here is stale, stagnant, or even predictable. We are proud to be entrusted with the legacy of Saint Cecilia Parish, where everything is the same, yet always changing; where we honor tradition while embracing the future; where God's love makes all things new.

OUR COMMUNITY NEWS



MINISTERS OF THE LITURGY

Saturday, December 2 | 5:00 p.m.

Rev. Peter Grover, OMV, celebrant
Virgen Palermo, lector

Sunday, December 3 | 8:00 a.m.

Rev. Peter Gyves, SJ, celebrant
Linda Frayling, lector

Sunday, December 3 | 9:30 a.m.

Rev. John Unni, celebrant
Harry Minehart, Bobbi Moran, and Karen McMenamy, lectors

Sunday, December 3 | 11:30 a.m.

Rev. John Unni, celebrant
Kate McGillicuddy, Tim McGillicuddy, and Zachary Boutin, lectors

Sunday, December 3 | 6:00 p.m.

Rev. Terrence Devino, SJ, celebrant
Nikko Mendoza, lector

SPECIAL INTENTIONS

Sunday, December 3 | 9:30 a.m.

James McDonough, *1st Anniversary*
Robert T. Cahill, *9th Anniversary*
Carol Howland, *Memorial*
Vicki Miller, *Memorial*
Vincenzo DiNicola, *Memorial*
Dorothy Hoban, *Memorial*

Sunday, December 3 | 11:30 a.m.

Sheila Butler, *1st Anniversary*
Joseph and Joan Bennett, *Memorial*

TODAY'S READINGS

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

1 Corinthians 1:3-9

Matthew 13:33-37

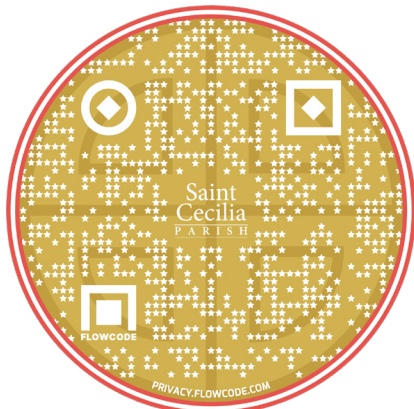
NEXT SUNDAY'S READINGS

Isaiah 40:1-5, 9-11

2 Peter 3:8-14

Mark 1:1-8

SCAN THIS CODE
FOR OFFERTORY GIVING.



THANK YOU FOR YOUR GENEROUS
SUPPORT OF SAINT CECILIA PARISH!



PRAYERS & OCCASIONS

Our Sick

Please pray for all our sick and for those who are in need of our prayer, especially Jacqueline Lavelle, Elizabeth Kennedy, Jeff Hommes, Sue Ryan, Tim Finn, Glenn Gallo, John Hosang, Mary Walters, Marc Pelletier, Ray Cronin, Michele Maniscalco, Nick Hungerford, and Fred Tufts.

Welcome to Saint Cecilia Parish

We are pleased to welcome the following newly-registered members of our parish: **Nikki Hodulik** of Boston, **Lynn Abell** of Charlestown, **Kaylyn To** and **Robert Donahue** of Boston, **Charlene Neu** of Milton, **Judy Habib** and **Richard MacElhiney** of Boston, **Ann Marie Ryan** of Oak Bluffs, the **Green-Adair Family** of Brookline, the **Doyle-DuMouchelle Family** of Quincy, **Tracy and Ken Smith** of Danvers, **Debby and Brian McLaughlin** of West Harwich, **Stephanie Gozali** and **Alessandro Cirafrici** of Allston, **Lisa and Hugh Wasson** of Newburyport, **Michaela and Christopher Markey** of Dartmouth, **Emily Rayball** of Boston, **Marcela Bastida** of Boston, and **Sean Doherty** of Boston. If you have not previously registered you can do so online at www.stceciliaboston.org.

Anniversary of Four U.S. Churchwomen Martyred in El Salvador—December 2, 1980

The word "martyr" is derived from the same Greek word as "witness" and for Maura Clarke, Ita Ford, Dorothy Kazel, and Jean Donovan, their witness to serving the poor indeed led to their deaths. Forty-three years ago this Saturday, Ursuline Sister Dorothy Kazel and lay missionary Jean Donovan drove their van to the El Salvador airport and picked up Maryknoll Sisters Maura Clarke and Ita Ford. Members of El Salvador's National Guard stopped their van and they were taken to an isolated location where they were sexually and physically abused before being brutally murdered. Pray for all victims of violence and for all who put themselves in harm's way at the service of the Gospel.



Be Sure to Take Home a Little Blue Book for Advent

Six minutes a day. That's what you might consider giving to prayer during the seasons of Advent and Christmastide. The Little Blue Book includes daily thoughts on Advent and Christmas, the feast of the day, and various traditions and customs. There are also reflections on the first

reading assigned for the Mass each day. These books are in baskets in the rear of the church, and can also be ordered directly from littlebooks.org and are available in paper (\$5) and eBook (\$4) formats.

Christmas Flowers

You are invited to remember your loved ones by donating towards the Christmas flowers that will grace our sanctuary. Please fill out this online form by December 11 to participate: <https://bit.ly/3Rjd2JH>. For those folks without smartphones or computers, you'll find envelopes in the rear of the church for this purpose. Please drop the envelope in the collection basket or bring it to the reception desk. The names of those remembered will be published in the Christmas bulletin. Please be sure to PRINT clearly.

Special Collection for Retired Religious Sisters

Thank you to everyone who contributed to November 17-18's special collection to support our nearly 1,500 retired Sisters who served in the Archdiocese of Boston. We're pleased to announce that we raised \$6,653 for the Sisters.

Hanukkah—Judaism's Festival of Lights

Hanukkah is a holiday of miracles, of light, and of victory over those who sought the cultural elimination of the Jewish people. During this time of unprecedented antisemitism in the United States, we remember our Jewish brothers and sisters as they begin their eight-day celebration of light. As the first candle of the menorah is kindled at nightfall this Thursday, we pray for an end to antisemitism in all forms.

Last 6:00 p.m. Mass of 2023

Next Sunday, December 10, is the last six o'clock Sunday liturgy before Christmas. The six o'clock liturgy will resume on the Solemnity of the Epiphany (January 7).

.....

WORLD AIDS DAY

Sunday, December 3 | 11:30 Mass

At this Sunday's 11:30 Mass, we commemorate World AIDS Day and will display our AIDS Memorial Quilt in the back of the church. In 1995, dedicated volunteers at the Jesuit Urban Center created the quilt and, when the Urban Center closed, it was brought to Saint Cecilia. This quilt is a powerful visual reminder of how the lives of men and women affiliated with these communities were cut short by HIV/AIDS. We welcome you to join us in solemn commemoration.

Saint Cecilia

P A R I S H

CHRISTMAS LITURGICAL SCHEDULE

Please note that since Christmas falls on a Monday this year, our Sunday schedule for the Fourth Sunday of Advent (December 24) will change. Masses that are also livestreamed are marked with an asterisk (*) and can be viewed at www.stceciliaboston.org.

Saturday, December 16 | Third Sunday of Advent

Mass | 5:00 p.m.

Sunday, December 17 | Third Sunday of Advent

Mass | 8:00, 9:30*, & 11:30 a.m.

A Festival of Lessons and Carols | 4:00 p.m.*

Please note that there will be no 6:00 p.m. liturgy.

Saturday, December 23 | Fourth Sunday of Advent

Mass | 5:00 p.m.

Sunday, December 24 | Fourth Sunday of Advent

Mass will be celebrated at 9:30 a.m.* **ONLY**

Please note that this is the only Sunday morning liturgy we will have.

There will NOT be an 8:00 or an 11:30 liturgy. There will be no coffee hospitality today.

Sunday, December 24 | Christmas Eve

Mass | 4:00 p.m.* *with the procession of children bringing the infant Jesus to the crèche*

Mass | 6:30 p.m.

Monday, December 25 | Christmas Day

Mass | 9:30 a.m.*

Please note that this is the only Mass on Christmas Day. There will be no coffee hospitality today.

Tuesday, December 26–Friday, December 29

Parish offices closed.

Wednesday, December 27 | Thursday, December 28 | Friday, December 29

Weekday Mass | 8:00 a.m.

Saturday, December 30 | Feast of the Holy Family of Jesus, Mary, and Joseph

Sunday Mass | 5:00 p.m.

Sunday, December 31 | Feast of the Holy Family of Jesus, Mary, and Joseph

Mass | 8:00, 9:30*, & 11:30

There will be no coffee hospitality today. Please note that there will be no 6:00 p.m. liturgy.

Monday, January 1 | Solemnity of the Blessed Virgin Mary, the Mother of God

Mass | 10:00 a.m. | *Please note that this is NOT a holy day of obligation this year.*

Saturday, January 6 | The Epiphany of the Lord

Mass | 5:00 p.m.

Sunday, January 7 | The Epiphany of the Lord

Mass | 8:00, 9:30*, 11:30 a.m., and 6:00 p.m.

There will be coffee hospitality following the 9:30 & 11:30 liturgies.

THIS WEEK AT SAINT CECILIA
DECEMBER 3 – DECEMBER 10

Sunday, December 3

Wisdom Group, 8:30 a.m. via Zoom
(no in-person meeting this month)

World Aids Day Mass

Far-Flung Flock Coffee Hour, 4:00 p.m. via Zoom

Monday, December 4

Knitting and Crochet Ministry Meeting,
3:30 – 4:30 p.m. via Zoom

SCYA Advent Ignatian Prayer, 7-8 p.m. via Zoom

Tuesday, December 5

Communion Circle at Saint Cecilia House, 1 p.m.

RCIA, 6:30 p.m.

Saint Cecilia Advent Holy Hour,
7:00-8:00 p.m. in the Sanctuary

Wednesday, December 6

SCYA Men's Group, 7:30 a.m. via Zoom

SCYF: Planning Meeting for New & Expecting

Parents Faith Sharing Group, 11:00 a.m.

Saint Nicholas Vespers, 6:00 p.m. via Zoom

LGBTQ+: A Space to Share, 6:30 p.m.

SCYA Women's Group, 7:00 p.m. via Zoom

Thursday, December 7

Wisdom Group, 7:30 p.m. via Zoom

Planning Meeting for New & Expecting Parents
Faith Sharing Group, 8:00 p.m.

Friday, December 8

SCYA: Holiday Movie Night

Sunday, December 10

Wisdom Group, 8:30 a.m. via Zoom

SCYF: Family Faith Conversation on Advent,
8:00 p.m. via Zoom

CHAT WITH US: CLIMATE JUSTICE GROUP
TABLE AFTER MASS

Sunday, December 3 | After Masses

Pope Francis has asked us to "pray for the Dubai Climate Change Conference, COP28." The Climate Change Conference, COP28 will bring together world leaders in Dubai, United Arab Emirates from November 30 to December 12 to discern policies aimed at limiting the rise in global temperature and dealing with the impacts associated with climate change. On Sunday, December 3, the Saint Cecilia Climate Justice Group will be tabling in the Parish Hall after each Mass to chat with parishioners and ask them to sign the *Laudate Deum* Action Pledge to care for our common home.

SAINT CECILIA HOLY HOUR

Tuesday, December 5 | 7:00-8:00 p.m.

The Word became flesh and made his dwelling among us... (John 1:14) Begin this Advent season by steeping yourself in God's presence in the Eucharist, supported by music and prayer led by the Saint Cecilia Young Adult Ministry. Join us on Tuesday, December 5 for Saint Cecilia's monthly Holy Hour from 7-8 p.m. in the sanctuary. As we embark on this season of waiting in anticipation for Christ's coming into our world, may this be a supported time of joyful longing, and of rest and hope for your heart! All are welcome! Please use the St. Cecilia Street entrance and ring the bell to enter.

THANK YOU FROM OUR PINE STREET
INN THANKSGIVING MEAL KIT
ORGANIZERS

"Thank you to everyone who donated a Thanksgiving Meal kit to help Pine Street Inn's housing tenants enjoy a Thanksgiving meal. Over 200 meal kits were collected and over 100 gift cards were received. We are already planning to provide more meal kits next year. And a big thank you goes to members of Saint Cecilia's Far-Flung Flock who sent gift cards. We are grateful for the generosity of the Saint Cecilia Parish community that continues to spread kindness and care to those who are less fortunate." — Karen Dunnett and Lisa Pickering



GONE PHISHING!

A few parishioners and staff have received fraudulent emails seemingly from Father Unni. If you receive an email from any address that doesn't end in [@stceciliaboston.org](mailto:stceciliaboston.org), please do not respond and report it to info@stceciliaboston.org. Thank you for doing your part in remaining vigilant and protecting our parish against digital threats and scammers.

LANGSTON HUGHES'
2023
Black Nativity


SEEING BLACK NATIVITY IN A NEW LIGHT

The National Center of Afro-American Artists proudly presents the 53rd season of Langston Hughes' Black Nativity. This lively song-play enthusiastically uplifts the spirit of all.


HOLIDAY PERFORMANCES
DECEMBER 1ST - 17TH

Fridays and Saturdays: 8:00p.m.
Saturday and Sunday matinées: 3:30p.m.

THE PARAMOUNT CENTER
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emersontheaters.org/Online/article/BNativity
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Proceeds help provide meals to the critically ill and homebound in Massachusetts.

HELP FEED OUR CRITICALLY ILL NEIGHBORS

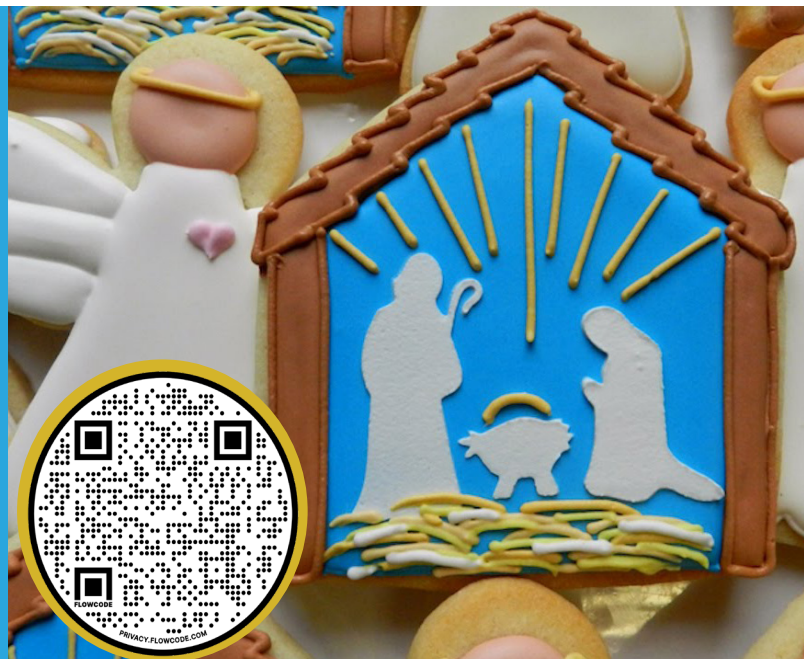


Although you can no longer place an order for a Thanksgiving pie, www.PieintheSky.org is still open for you to make a contribution of any size. Community Servings offers 15 medical diets designed to help people improve their health through nutritionally-appropriate food scratch-made from wholesome ingredients. Annually, we make and home-deliver about 1.2 million free meals to thousands of families impacted by a critical or chronic illness. Our Registered Dietitians customize individual meal plans, which can include a combination of up to three medical diet types. To learn more about one of the Parish's non-profit partner agencies: www.servings.org. To make a donation: <https://www.pieinthesky.org/team/saint-cecilia-boston/>



Saint Cecilia Family Cookie Decorating Kit Pick-Up

In lieu of our Family Cookie Decorating event, this year we'll have cookie decorating kits from Montillio's Bakery available for all families on Sunday, December 17. Cookie decorating kits will be distributed in our kindergarten through sixth grade classes, so that children can bring them home to decorate. If you have a child who is not enrolled in our children's faith formation program, you can pick up a cookie decorating kit (one for each child) from our reception area on December 17. If you're a parent in the parish, please scan the Flowcode and fill out the RSVP form by 6:00 p.m. on Sunday, December 10 so we know how many cookie decorating kits to order.



THE ADVENT WREATH

Advent wreaths were originally part of folk traditions of Northern Europe. Wreaths of evergreens were decorated with candles to symbolize life and light during the dark months of winter. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God. Evergreens stay green all year and so signify continuous life. Each of the four candles represents one of the Sundays of Advent. We needn't worry about the colors of the candles; traditionally, three violet candles and one rose candle are used, but you may prefer to use four royal blue candles, four violet candles, or four white candles. The symbol is the flame, not the color. Each Sunday, as the light of the wreath glows brighter, we are reminded that Christ comes into the darkness of our lives to bring newness, life, and hope. Tonight, light the first candle, sing a verse of *O Come, O Come, Emmanuel*, re-read part of today's Gospel, and say a brief concluding prayer. If you prefer, here is a prayer you can use.

FIRST WEEK

Light one of the violet candles. During the rest of the week, this candle is relit at the evening meal or whenever you choose to do so.

Jesus, as we wait for your coming, help us to trust in you and not be afraid. As we light this candle, we remember that you bring the light of hope into our lives. May your Word be always in our minds, on our lips, and in our hearts.
Amen.



ADVENT IGNATIAN PRAYER

Mondays in Advent (12/4, 12/11, 12/18) | 7:00-8:00 p.m.
Zoom | Open to: Young Adults (20 - 40)

Join the Saint Cecilia Young Adults community for weekly prayer and faith sharing this Advent season as they explore different forms of Ignatian prayer, including *Lectio* and *Visio Divina*, and imaginative prayer. They'll reflect on the nativity story in new ways and learn from each other's experiences to find new meaning in this familiar but powerful Gospel reading. Prepare your hearts for the coming of Jesus this Advent! Please RSVP here (<https://bit.ly/3uytzAK>) to receive the Zoom link. To sign up for and learn about other SCYA events, go to their LinkTree: <https://linktr.ee/scyoungadultsboston>

ONLINE COFFEE HOUR: EXPLORATION OF ADVENT

Sunday, December 3, 4:00 p.m. ET

We are pleased to host Kathleen Hirsch at our December gathering for a discussion about Advent. Kathleen Hirsch was an award-winning journalist before turning to literary nonfiction and poetry. Her books include *Songs from the Alley* and *A Sabbath Life: One Woman's Search for Wholeness*. She facilitates the Contemplative Writers Group at Bethany House of Prayer, Arlington, MA, where she is a spiritual director, and writes a regular blog, *Spirit Work*, at www.kathleenhirsch.com. She will lead us in a conversation about the journey of Advent, considering, "What in your life wants to come alive in ways you can't yet imagine?" and, "What are the ways you are being led through darkness or the labors of love to which you are being called?" Join us for an illuminating discussion. If you have not registered or attended any online coffee hour in the past, you must register for the FFF email list with this link (<https://bit.ly/45pDVRa>). You will get an email with the Zoom link a few days before the call. Be sure to add FFF@StCeciliaBoston.org to your contacts to prevent emails from going into your spam/junk folders. If you do not receive our emails, it could be because you mistyped your email address or didn't add the FFF address to your contacts.



WOMEN'S LUNCH PLACE HOLIDAY CARDS SALE

We encourage you to participate in Women's Lunch Place's annual holiday cards fundraiser. Cards can be purchased in person after this weekend's Saturday 5:00 p.m. Mass and our Sunday 9:30 a.m., 11:30 a.m., and 6:00 p.m. Masses. The cards, which cost \$25 for a pack of 5, feature artwork created by a former guest of the shelter who is presently the part-time Art Coordinator at the agency. All proceeds from the card sale support WLP. For more information and to purchase holiday cards online, visit <https://womenslunchplace.org/holiday-cards>



Saint Cecilia

P A R I S H

Join Us on the Third Sunday of Advent for

A FESTIVAL OF LESSONS & CAROLS

DECEMBER 17 • 4:00 P.M.

In this service of Scripture and song, lessons from Sacred Scripture are interspersed with Christmas carols, hymns, and choral music, joyfully proclaiming the story of God's love shown forth in Christ.

*This service will be livestreamed.
Light refreshments to follow.*

WORLD AIDS DAY

As part of our annual observance of World AIDS Day, our AIDS Memorial Quilt will be displayed in the rear of the church next weekend. When you come to church, be sure to spend a few moments in prayer before this powerful visual reminder of souls from both the Jesuit Urban Center and Saint Cecilia communities.

OUR AIDS MEMORIAL QUILT



Throughout history quilts have symbolized a legacy of memory and community. The Saint Cecilia AIDS Memorial Quilt, inspired by the NAMES Project which originated in San Francisco and is now based in Atlanta, was first dedicated at the Jesuit Urban Center in November of 1995 and brought to Saint Cecilia fourteen years ago. It is a tapestry that binds us together and reminds us of the loved ones, friends, and partners this community has lost to the AIDS virus.

In the mid-nineteen nineties, Michele Audet, Paul Goulet, Jean Marino, Mimi Rittenburg, and Janine Shahbaz, members of the Jesuit Urban Center's Last Tuesday Dinner Program (a program founded to serve a nutritious and delicious dinner on the last Tuesday of each month to people living with HIV/AIDS), came together to determine how best to honor the many wonderful people they loved who had died. It was during this gathering that the idea of an AIDS Memorial Quilt was born. Pedro Carasquillo, a Jesuit scholastic who was stationed at the church at this time, helped design this powerful visual reminder of so many lives cut short by the AIDS virus. Each Quilt panel in the NAMES Project AIDS Memorial Quilt is 3 feet by 6

feet; eight panels are sewn together to create full size quilts of 12 square feet. The Saint Cecilia AIDS Memorial Quilt is modeled after a full size quilt.

The bold primary colors used in the Quilt contrast with its solemn symbolism. The Quilt evokes both Christian imagery and the memory of those who have died. "IHS" is derived from the first three letters of the Greek name of Jesus (IHOU). In ancient times, this became a widely recognized monogram of the Christ. IHS is also featured in the Jesuit crest. The red AIDS ribbon is looped through the "H." Each star circling around the central image represents someone from our community who died from AIDS. Michele, Paul, Jean, Mimi and Janine placed the Quilt on the altar of the church and lovingly inscribed the first ninety-three names on the stars. It is displayed on the Sunday nearest World AIDS Day—a stark reminder that AIDS is still with us. Calling us to the hope born of faith is a verse from the prophet Zephaniah, edging the Quilt in four-inch letters:

"I will sing and dance before
the Lord. With happy
song God will dance
for you with shouts of
joy. For God now rejoices
over you."



SAINT CECILIA AIDS MEMORIAL QUILT

Tom (Chico) Acquario	Dino Compston	Mark Lanni	David Panella
Audree Addison	Richard Cotting	Roger Laton	Kenny Parascondolo
William Ambrosini	Thom Creed	David Lawrence	Brian Paterson
Michael Ambrosini	Michael Crowley	Bob Leclair	Jose Pegallado
Joseph Aris	Joe DelPonte	John Edward Lee	Joey Perkins
Jeffrey Armstead	Tim Desjardin	David Littlefield	Alan Perreault
Joseph Avola	Mark DeStefano	Joseph Lucas	Sharon Perry
Bill Awad	Mike Donlan	Joe Lucy	George Pittman, Jr.
James Banusiewicz	Bill Doyle	Michael MacInnis	Holly Riley
Ed Barry	Joey Drago	Bob Malchodi	Philip Rittenburg
Peter Bartolluci	Wayne Drake	William Maley, Jr.	Charlie Rose
Barry Basinger	John Eaton, Jr.	John Marks	Jason Russell
Thomas Basinger	Aleema Ervin	Steve Marquez	Tom Savage
Timothy Bean	Sheila Flannery	John Martins	Marc Sawyer
Daniel Bell	Luon Flowers	Leo Maza	Michael Scally
Bill Benevenuti	Bob Gagnon	Michael McCarthy	Marc Scarlett
Jose Benito Degollado	Michael Gasper	James McDonald	Joe Sciavi
Tim Bennett	John Gibbons	Michael McDonald	Wesner Sejour
Michael Bennett	Ari Gonzales	Gail McDonald	Carlos Sempritt
Tom Bennett	William Greenough	Ruth McFadden	Richard Shea
Paul Bettencourt	Jim Grillo	Ed McKay	Bill Singleton
Joseph Bevins	Gary Guido	Jimmy McLaughlin	Michael Smith
Richard Bonney	William Guteruil	Peter McQuade	Bernie Smith
Frederico Borge	Greg Haley	Patrick McShane	Tracey Stephens
Alan Bouchard	Theresa Hamlet	Paul Meany	Paul Tessier
Marc Bowen	Timothy Harrington	Michael Meeks	Michael Tobin
Stephen Boyle	Robert Hathaway	Gary Miles	Anita Tulacz
Leo Brown	Joseph Hayes	Michael Mitch	David Ugi
Stephen Brown	Bob Hayhurst, Jr.	Dennis Moers	Max Valderrama
Felix Brown	Brian Hewitt	April Moore	Matthew Vallee
Steve Burkle	Paul Higgins	Peter Morgan	David Varnadore
Oscar Cabral	Lawrence Histon	Jeff Morrison	Yvette Voisse
Neil Callahan	Eric Hook	Ivan Nazario	Joan Waker
Michael Carpenter	Gene Hurd	Tim Nickerson	Edward Wallace
Stephen Caruso	Kevin Hynes	Gerry O'Brien	Michael Ward, Jr.
Joseph C. Cermone	Alan Isgur, Jr.	Mark O'Leary	Joe Williams
Ronald Choque	Michael Johnston	David O'Loughlin	Carlos Wiskie
Stephen B. Clark	Boyce Jones	Sean O'Sullivan	
Michael Comperchio	Philip Joseph	Eduardo Paez-Carrillo	

SAINT CECILIA ADVENT GIVING TREE

The beautiful Advent Giving Trees have arrived! Each year, before Christmas, we consolidate requests for assistance from local agencies serving our neighbors in need into one program—the Saint Cecilia Advent Giving Tree. This year, the tags on the trees are from the agencies that reached out to us. Parishioners may take one or more tags from the tree and return the gifts to the parish for delivery. Thank you for your generosity—it helps bring tidings of comfort and joy to many people in our neighborhood.

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SAINT CECILIA ADVENT GIVING TREE HELP WANTED

Upcoming Weekends

(December 9/10, December 16/17)

Responsibilities: Help collect, wrap, sort, and pack gifts, add ornaments to trees, and assist with gift pick-up and deliveries

Monday/Tuesday, December 18/19

Responsibilities: Assist with the organization and delivery of late-arriving gifts

Interested in helping out?

Sign up by emailing our Giving Tree Coordinator at adventtree@stceciliaboston.org. In the email, please include your name, contact information and how you would like to help.



HERE'S WHAT TO DO

- Select one or more tags and purchase the item(s).
- Please do not take a tag unless you know you will be able to purchase the gift.
- Wrap the gift UNLESS the tag says, "DO NOT WRAP." If you do not have time to wrap—that's OK! We have a gift wrap team!
- Attach the tag securely to the outside of the gift(s).
- You are welcome to add to your purchase, e.g., if someone requested a winter hat, you add gloves or a scarf, holiday candy, etc. Remember—for some people, this will be the only gift they receive for Christmas.
- The recommended amount for gift cards is \$25.
- If the gift is out of stock, a gift card may be substituted.
- If the gift is too expensive or if you change your mind, simply return the tag to a Giving Tree Coordinator.
- If you lose the tag, please let us know.
- Return the gift(s) to the church NO LATER than Sunday, December 17 at 3:00 p.m.

VIRTUAL GIVING TREE INSTRUCTIONS

- Please visit: <https://tinyurl.com/stc2023givingtree>
- Select the agency you wish to support.
- Follow instructions for shipping and delivery. Be sure to include the listed "in care of" (c/o) information.
- For gift cards, choose a physical card vs. an electronic 'E-card' and mail it to the agency.
- In the "from" field enter "from [your first name] at Saint Cecilia Parish" or "from a friend at Saint Cecilia Parish."
- Any online seller can be used, or you may purchase the gift from a store and mail.
- If the gift is out of stock or too expensive, a gift card may be substituted.
- Please order and ship the gift(s) to arrive at the agency or parish by Sunday, December 17 at 3:00 p.m.
- You may also bring the gift to the parish—let us know it was from the Virtual Giving Tree and which agency it was for.

TO THE FAR-FLUNG FLOCK

While we welcome all to participate in the Saint Cecilia Giving Tree, we encourage you to support the local agencies that are serving those in need in your area.



PROJECT HOPE BOSTON

PROJECT HOPE Boston works in partnership with women and families in the Dorchester and Roxbury neighborhoods of Boston on their journeys up and out of poverty. They do this by being a catalyst for change in the lives of families, developing and providing programs and family support solutions to alleviate poverty and homelessness.



HALEY HOUSE

Haley House uses food with purpose and the power of community to break down barriers between people, empower individuals, and strengthen neighborhoods. They believe in radical solutions: solving problems at their root by challenging attitudes that perpetuate suffering and building alternative models.



the Y

The FAMILIES IN TRANSITION program at the Huntington Avenue YMCA is an emergency housing shelter for families. They provide services including advocacy, skills training, employment support, health and wellness opportunities, childcare provisions, and housing assistance to help families secure permanent housing.



THE HOME FOR LITTLE WANDERERS

WALTHAM HOUSE is a group home program run by the Home for Little Wanderers. It is designed to provide a supportive living environment for LGBTQ+ youth ages 14-18. Residents are offered a safe and nurturing environment, while they prepare for family reunification, independent living, and future self-sufficiency.



Pine Street Inn

Ending Homelessness

PINE STREET INN partners with homeless individuals to help them move from the streets and shelter to a home, and assists formerly homeless individuals in retaining housing. They provide street outreach, emergency services, supportive housing, job training, and connections to employment. Pine Street tirelessly advocates for collaborative solutions to end homelessness.



Catholic Charities BOSTON

The Catholic Charities Yawkey Child Care Center, is a diverse center-based community dedicated to providing a nurturing, safe, clean, healthy environment where children can grow and develop socially, emotionally, and cognitively. The center serves children aged 6 weeks to 7 years with full-day, full-year care for families living or working in Dorchester, Mattapan, Hyde Park, Roxbury, Roslindale, and other Boston neighborhoods.



BOSTON HEALTH CARE for the HOMELESS PROGRAM

SINCE 1985

The mission of Boston Health Care for the Homeless Program is to ensure unconditionally equitable and dignified access to the highest quality health care for all individuals and families experiencing homelessness in our community.



LGBT ASYLUM TASK FORCE

The LGBT Asylum Task Force provides shared housing for LGBTQ asylum seekers in Worcester, Massachusetts, small monthly stipends to pay for food, transportation, and other basic expenses, along with legal and medical resource lists.

The Mary Ann Brett Food Pantry is a ministry of faith and love staffed by committed volunteers and based at Saint Mother Teresa Parish in Dorchester, MA. Their mission is to provide nutritious groceries with kindness and compassion to individuals and families facing economic hardship and living in the Dorchester neighborhood of Boston.

The Elders Living at Home Program at Boston Medical Center provides a range of services to a diverse group of older adults who are homeless, who have been homeless, and who may be at risk of becoming homeless. Their goal is to help these individuals maintain independence in safe, affordable permanent housing for as long as possible. The individuals served by ELAHP are very low-income, and many are socially isolated.



FOUR WAYS TO BE GRATEFUL—AND HAPPIER

BY ARTHUR C. BROOKS

Gratitude is very similar to exercise. We all know it's good to be grateful and show it—just as we all know it's good to go to the gym and work out. Both practices will make life better. But just as fitness demands that we make a routine and overcome a natural desire to do nothing, so also we need to make a habit of being grateful, even if we don't feel it. And not just on one Thursday—all year round.

We have lots of fitness regimens to choose from but, unfortunately, few gratitude workouts. And we rarely find gratitude influencers on social media. As a rule, we need to fashion our own gratitude program. So here's a start, based on the wisdom of the great philosophers. If you follow these suggestions with a little discipline, you will conquer ingratitude and reap the reward that comes from showing true appreciation. Who knows? With a bit of effort, you might just become an elite athlete of thankfulness.

Researchers disagree, in fact, about whether gratitude is an emotion per se. It certainly does not seem to be a “basic emotion” like joy or anger, as some emotion researchers have come to understand them. These feelings all have a unique pattern of brain activity as well as a universal and recognizable facial expression, whereas gratitude shows as brain activity but lacks a characteristic visual cue. The psychologist Robert Emmons, the top academic expert in the field, defines gratitude as a combination of recognizing goodness outside ourselves—in people, in nature, in the divine—and affirming it to ourselves and others. To be ungrateful, therefore, is to fail to see goodness, or to see it and fail to affirm it.

One of the most undisputed findings in the social-science literature of happiness is that gratitude reliably increases happiness. The trick is to develop ways to be a more grateful person—that is, to recognize goodness and affirm it in a systematic way.

To do so is not natural to us, in fact. On the contrary, humans have a “negativity bias,” an evolved tendency to focus more on adverse events than on positive ones. So to practice and reinforce gratitude means working against our natural impulses—much like getting off the couch and lifting weights.

The real question, then, is how to override our negativity bias, recognize goodness, be grateful for it, and consciously avow it. The answer is to adopt purposive gratitude routines. Here are four that great philosophers have proposed.

1. Make thankfulness an interior discipline.

The second-century Roman emperor and Stoic Marcus Aurelius is still remembered today for the words of self-improvement he wrote for himself throughout his adult life, which were collected posthumously as his *Meditations*. A recurrent theme was his practice of reminding himself as a matter of routine—upon awakening, say—of what was of value in life, no matter what his actual mood was. “Thou shalt persuade thyself, that thou hast all things,” he wrote, “all for thy good.”

The discipline of counting your blessings has been found to improve affect and outlook. You can find many ways to do this; one is the “gratitude list,” on which, much like Aurelius, you write down the good things in your life and then make a habit of checking the list. This practice has even been identified as a tool that may reduce depressive symptoms.

2. Make it an outward expression.

Another Roman statesman, Marcus Tullius Cicero, asserted in his *Pro Plancio* in 54 B.C.E. that “gratitude is not only the greatest of virtues, but the parent of all the others.” This assertion raises gratitude above the level of a private discipline and argues for integrating it into one's public behavior. Cicero believed that expressing gratitude was not only virtuous in itself but also a kind of one-stop shopping for the other virtuous qualities we'd like in our lives.

I haven't myself tested the claim that all virtues stem from gratitude—if I say “thank you” more, will I be more likely to remember to unload the dishwasher?—but a great deal of research shows that acts of thanking others bring *us* happiness. For example, a study published recently asked adults to write thank-you letters to other people, and found that their sense of well-being was significantly higher than that of adults who didn't write such letters. The researchers additionally found that expressing thanks to others in this way offered more benefit even than writing an Aurelius-style private gratitude list.

3. Make it a sacred duty.

As a discipline and virtue, gratitude is generally a voluntary act. Yet other philosophers see it more as an obligation. In his 1755 *Discourse on the Origin and Basis of Inequality Among Men*, Jean-Jacques Rousseau wrote, “Gratitude is a duty which ought to be paid, but not a right to be exacted.” In other words, Rousseau regarded gratitude much like Jesus treated love or forgiveness: We have a moral obligation to give these things without any expectation of reward or reciprocity.

No academic research I’ve seen has asked whether such selfless duty raises happiness, although many thinkers have asserted this without empirical evidence. “Human happiness and moral duty are inseparably connected,” declared George Washington in 1789. You can probably find cases of altruistic duty so onerous that it has lowered well-being, but fulfilling moral duty can certainly give you a sense of purpose—and purpose unambiguously improves your sense of well-being by reducing negative feelings.

4. Make it into words of worship.

The 13th-century German Christian mystic Meister Eckhart was known for his ability to explain the metaphysical union between people and God in easy-to-grasp terms. In one of his sermons, he identified the one thing that matters most in prayer: “If a man had no more to do with God than to be thankful, that would suffice.” In other words, if you want to pray but don’t know what to say, just bow your head and say, “Thank you.”

The effects of this kind of prayer have been shown to have significant benefits for well-being. Scholars writing in *The Journal of Positive Psychology* in 2011 found that gratitude to God, when paired with a religious commitment, was associated with increased positive feelings, lowered negative feelings, and improved mental health. Although researchers haven’t studied whether this could be adapted for nonreligious rites, I strongly suspect that practices in which words of thanks are a mantra or focus of meditation would show similar results.

Gratitude is not a feeling we have to wait and hope to have. It is a pattern of behavior we should bring into our lives on a regular basis. Let me suggest the following gratitude-workout routine, based on the wisdom above.

First thing, before getting out of bed in the morning, recite a few sentences to frame the day. I like Psalm 118:24: “This is the day the Lord has made; let us rejoice and be glad in it.” If you don’t want the religious language, find another such reason to celebrate the day, or write your own.

Maintain a gratitude list that you update once a week. You could tape it to the bottom of your computer screen and glance at it each morning before you start work, pausing briefly on each item.

Make a routine of your outward gratitude in a couple of daily emails or texts, sent before you get to work. You don’t need anything overwrought or dramatic, just a few words showing someone that you noticed something nice they did and appreciated it.

And on the days you aren’t feeling like sending your two thank-you messages? Make it *three* instead. Then remind yourself that to lighten the load on someone else with your words of thanks is a duty you have accepted.

Write or adopt a gratitude prayer or mantra that you can say throughout the day, especially at trying moments. Maybe it could be “Thank you for my life,” which, believe me, works wonders when you’re sad or afraid. Some people repeat thanks in a foreign language they find sonorous. If you commit to this regimen, your life will change. You won’t feel grateful at every second (you are still human), but gratitude will become a fixed point around which you live your life. And that will make you a stronger, happier person.

~ Arthur Brooks is a Harvard professor, PhD social scientist, #1 bestselling author, and columnist at The Atlantic who specializes in using the highest levels of science and philosophy to provide people with actionable strategies to live their best lives.

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DONATIONS FOR DORCHESTER FOOD PANTRIES

We hope you'll consider participating in our food donation ministry during the upcoming months so that the volume of our donated food remains strong. The local economy might have improved for some of us, but the working poor and unemployed continue to face enormous economic challenges—especially in light of rising food prices. Saint Cecilia has committed to providing these items to the food pantries: Cheerios or cornflakes, peanut butter, white flour pasta and spaghetti, macaroni and cheese, canned tuna fish, canned chicken breast, cooking oil, and tomato sauce. While any canned or shelf-stable items are appreciated, it is particularly helpful when parishioners can help with the staples listed above. Unfortunately, we cannot accept donations of baked items or produce in the narthex.



WAITING AND AWAITING BY VALERIE SCHULTZ

[As printed in Give Us This Day, December 2023, Volume 13, Issue 12]

The holy Spirit will come upon you, and the power of the Most High will overshadow you. (Luke 1:35)

My daughter gave birth to her first child last year. She had a phone app that measured the size of her developing baby as compared to a fruit or vegetable. She'd send me the weekly comparison: a blueberry, a lime, a peach, an eggplant, a watermelon. Everything she shared—the physical changes, the mental challenges, the emotional upheavals, and the overarching sense of expectancy—was as familiar to me as it was new to her. Awaiting the birth of a grandchild through the eyes of a woman I'd given birth to felt like blessing upon blessing.

Pregnancy is about waiting. Every Advent I think about the pregnant Mary, who literally embodied the first Advent. The incarnation of God's Son that we anticipate every year at this time comes about through a woman's body. God's miracle of conception must implant in a uterus and spend the requisite nine months developing into a human baby. We understand that Mary's human baby is unique in that Jesus is fully divine. But he is fully human because of Mary's willing womb: the holy temple of Mary's mortal body is essential to the incarnation.

We mothers understand the power that overshadows us the moment we become mothers. We are instruments of God's creativity. We are clay in the hands of the divine potter. We give ourselves freely to the needs of another as we gestate and lactate and take responsibility for this tiny wailing creature. We know Mary's pain and delight at the birth of her son—granted, her labor and delivery circumstances were primitive compared to modern comforts—because we have felt the same things. We know the wonder and bewilderment that causes us to treasure in our hearts the twists and turns of motherhood. We get it.

Perhaps the changes women experience during pregnancy mirror the transformation that the birth of Jesus brings to our faith. The Jewish people awaited the coming of this promised Savior for centuries. They prophesied about it.

And then suddenly . . .
*The Word became flesh
and made his dwelling among us,
and we saw his glory,
the glory as of the Father's only Son
full of grace and truth. (John 1:14)*

After that, everything about the human family was reborn. The long-awaited Savior was here, dwelling among us. The weeks of Advent remind us not only of that wait, but that the wait for us is over.

"We know that all creation is groaning in labor pains even until now," St. Paul tells us (Romans 8:22). This image is unnervingly visceral to those of us who have groaned in actual childbirth. The contractions and mighty pushes we breathe through bring forth a new being. Once we glimpse our baby, we would do it all again in a heartbeat.

So it is with God. God gives us this most precious gift, God's Son, grace and truth, a labor of God's love.

~ Valerie Schultz is a freelance writer and essayist. She is author of *Overdue: A Dewey Decimal System of Grace* and *A Hill of Beans: The Grace of Everyday Troubles*.

Saint Cecilia

P A R I S H

MY SOUL IN STILLNESS WAITS: ADVENT PRAYER

VESPERS

*The church gathers for **Evening Prayer** to give thanks for the day that has passed and to lift up to God the needs of the world. We pray for the light of Christ to illumine our hearts and give us his grace and peace. And we join with Mary in her song of praise – the Magnificat – remembering God's promise of mercy. The liturgy lasts about half an hour.*

Wednesday, December 6 at 6 pm
Memorial of Saint Nicholas

Tuesday, December 12 at 6 pm
Feast of Our Lady of Guadalupe

Friday, December 22 at 6 pm
"O Rex Gentium"

Please join us on Facebook Live or via Zoom.
Email hoursandtaize@stceciliaboston.org
for details and reminders.

PARISH RESOURCES

Parish Office & Mailing Address

18 Belvidere Street, Boston, MA 02115
Hours | Monday-Friday, 10:00 a.m.-4:00 p.m. & By Appointment
Phone | 617 536 4548; Fax | 617 536 1781
Website | www.stceciliaboston.org

Parish Staff

**To email parish staff, please use the following formula:
First Initial + Last Name @stceciliaboston.org*

Rev. John J. Unni, Pastor
Rev. James Shaughnessy, SJ, Pastoral Support
Christine Burns, Digital and Print Media Coordinator
Tyler Cesario, Assistant Director of Music
Mark Donohoe, Pastoral Associate
Robert Duff, Director of Music
Carly-Anne Gannon, Coordinator of Children's Faith Formation
Daniel Lamoureux, Vigil Organist
Scott MacDonald, Director of Faith Formation and Parish Visibility
Brett Maguire, Organist
Colleen Melaugh, Director of Finance and Development
Nicole Pascarelli O'Brien, Pastoral Director of Operations
Lisa Pickering, Director of Facilities and Events
Tanya Rybarczyk, Pastoral Associate

Assisting Clergy

Rev. Terrence Devino, SJ
Rev. Peter Grover, OMV
Rev. Peter Gyves, SJ

Audiovisual Support

Maureen Deery, Parish Photographer & Creator of Weekly Slide Show
Geoffrey Edwards, Livestream Videographer
Vasily Izumchensky, Livestream Sound Engineer

Reception

Keith Brinkley, Joe O'Brien, & Corey Ortiz

Schedule for Liturgy

Wednesday, Thursday, & Friday | 8:00 a.m.
Lord's Day | Sat 5:00 p.m.; Sun 8:00, 9:30*, 11:30 a.m. & 6:00 p.m.
Holy Days | 8:00 a.m.
* Please note that the 9:30 Mass is both in person and livestreamed.

Parking

There is discounted parking at The Hynes Auditorium Garage (located at 50 Dalton Street next to Bukowski's Tavern), for \$13, available on Sundays until 3:00 p.m., and \$13 after 4:00 every day of the week. To get this discount, ask a greeter for a chaser ticket at Mass or ask a staff person during the week. Chaser tickets must be used at the machine at the exit gate. To obtain the discount, place the ticket you received upon entering the garage into the machine, then follow it with the chaser ticket.

Building Accessibility

Both the church and Parish Hall Center are accessible by elevator.

Hearing Assistance in Church

The church is equipped with an assistive listening system. If you would like to use one of the small receivers, please ask one of our greeters.

For Those with Celiac Disease

If you have celiac disease, please let us know. We have a supply of low-gluten altar bread available for those who cannot tolerate gluten.

Baptism for Infants

Infant baptism is celebrated on the first Sunday of the month. For more information, please contact Mark Donohoe in the Parish Office.

Faith Formation for Children

To register your child for our Faith Formation Program, please contact our Children's Faith Formation Coordinator, Carly-Anne Gannon.

Child Abuse Prevention (CAP) Team

The CAP Team is responsible for training all parish staff and volunteers in mandated reporting laws and the Protecting God's Children program (VIR-TUS). They provide consultation and support to anyone who has concerns about reporting child abuse and neglect. Please contact Maria Roche, Letitia Howland, or Erin Young if you have any questions. The Archdiocese of Boston has in place a vigorous program to protect children from harm and to educate its ministers and faithful about the nature of abuse, with a goal of increasing knowledge, creating a safe environment for children, and recognizing and reporting potentially dangerous situations. The full policy is available in the narthex, Parish Office, and on our website.

Rite of Christian Initiation of Adults (RCIA)

The Rite of Christian Initiation of Adults is the communal process through which non-baptized men and women become members of the Catholic Church. It is also suitable for those baptized in different faith traditions who are interested in becoming Catholic, or, for those who were baptized Catholic, but have yet to receive the sacraments of Eucharist and confirmation.

Marriage

Couples who wish to prepare for marriage should contact Mark Donohoe in the Parish Office at least six months in advance.

Care of the Sick

To arrange for the Sacrament of the Sick, for Holy Communion to be brought to those unable to attend the Sunday celebration, or for Viaticum for the Dying (Holy Communion for those in danger of death), please contact the Parish Office. It is always possible to anoint the sick during regularly scheduled liturgies.

Order of Christian Funerals

The parish is prepared to celebrate the Vigil (wake) in the church. Please contact the Parish Office for more information.

Joining Our Community

We're happy that you're with us! Our community offers a warm, spiritual home for a diverse group of Catholics. We come from many neighborhoods in and around Boston, but also have long distance parishioners from around the country and around the world. We invite both local and long distance individuals and families to fill out a new parishioner form on our website. No matter what your background or location, please know that you are always welcome at Saint Cecilia.

Please note:

According to online safety guidelines released by the Archdiocese of Boston, we have removed email addresses from our online parish bulletin to avoid the danger of potential phishing scams. If you need a staff member's email address or ministry email address, please call our reception desk (617-536-4548) and our receptionists would be happy to pass along the appropriate information. Thank you for helping us maintain our parish security online!