

ST. MARY'S OF IOWA CITY ADVENT & CHRISTMAS 2009



In This Issue:

- Letter from Fr. Ken
- To Know God ...
- Mission Report
- Parishioner Profile
- Celebration of the Sacraments
- Welcome to New Parishioners
- Catholic Daughters
- Christian Experience Weekends 2010
- Youth News
- Stewardship Update
- Quarterly Financial Report
- St. Mary's Advent & Christmas Schedule

Dear Parishioners,

The Advent Season is an ideal time of the year to focus our spiritual lives more intently on being grateful for the blessings of the Lord. Sacred scripture is a good place to start because it is filled with the themes of thanksgiving and gratitude. The psalmist sings: "Give thanks to God, bless his name" "O give thanks to the Lord for he is good; for his love endures forever". (Psalm 100:4).

We can become more aware, too, of gratitude as it is expressed in the rhythm of the Eucharistic celebration. Other spiritual exercises, too, may help us to grow to be more grateful stewards of God's love.



Pray with gratitude. Set aside some time for prayer each day. If you are new to the habit of daily prayer, find 10 minutes in your daily schedule. Pray as a family as well. And begin with a prayer of gratitude.

Put gratitude into action. Do something in your parish or neighborhood to share your material blessings with those who might otherwise go hungry. Contribute to a food bank or help deliver food baskets.

Make gratitude a habit. Find ways to thank others for their generosity and kindness toward you every day. The late Catholic spiritual writer, Thomas Merton, once wrote that to be grateful is to recognize the love of God in everything.

Let us use the Advent Season as an opportunity to grow in stewardship which, simply put, means living a life of gratitude. And as the psalmist encourages us to do: "O give thanks to the Lord for he is good; for his love endures forever" (Psalm 107:1).

Sincerely yours in Christ,

Father Ken Kuntz