

Church of the Assumption of the Blessed Virgin Mary 91 Maple Avenue, Morristown, New Jersey 07960

973-539-2141, Fax-973-984-0632

Visit our Website: www.assumptionparish.org Email: assumption@assumptionparish.org

Pastor: Rev. Msgr. John E. Hart Parochial Vicar: Rev. Lukasz Wnuk In Residence: Rev. Jeider Barraza

Deacons: Brian Beyerl, John Brandi, Michael Hanly, Elliott Stein

Trustee: Kathleen Hyland 973-539-2860

Parish Coordinator—Linda Macios Secretary—Liz Rotunno Comptroller—Robyn Morris

Office Hours Monday through Thursday 8:30 a.m. to 4:00 p.m., Friday 8:30 a.m. to 3:00 p.m.

Parish Registration: Call 973-539-2141 or visit the parish

website at www.assumptionparish.org.

Assumption School: 973-538-0590; www.assumptionnj.org

Sr. Merris Larkin, S.C. Principal

Religious Education: 973-267-5638, Fax 973-267-4223

Email: RelEd@assumptionparish.org

Linda Macios: Director

Sharon Bertram: Coordinator Grades 6, 7, and 8 Lisa Sullivan: Confirmation—973-267-8519 Tara Speer: Catechesis of the Good Shepherd

Sue Paradise: Secretary

The Religious Education program meets on Sundays, October-March. Kindergarten through 5th grade classes meet 10:00 a.m. to 11:30 a.m.; 6th through 8th classes meet immediately following the 5:30 p.m. Sunday Youth Mass. The Catechesis of the Good Shepherd classes meet September–April on Sundays, Tuesdays, Thursdays and Fridays. Confirmation groups meet once or twice per month on Sunday evenings.

Music Ministry—973-539-2141, extension 19 Claudia Nardi: Director, Karen Chiappini: Organist Adult Choir, Youth Ministry Choir, Children's Choir

<u>Holy Rood Cemetery</u>—973-539-7501 Website: <u>www.holyroodcemeterynj.com</u> Diana Loughman: Cemetery Director Emerson Brito, Samuel Brito: Caretakers

<u>Church Sexton</u>—Doug Reisch <u>Deaf Interpreter</u> - Kathleen Skaf

Samuel Brito: Caretaker

Sacrament of Reconciliation:

Saturday—4:15 to 5:00 p.m. or by appointment

<u>Marriage:</u> Arrangements should be made with a priest or deacon by registered parishioners *at least one year in advance* of the marriage date. Marriage arrangements should be made PRIOR to reserving reception facility.

<u>Baptisms:</u> Contact Liz Rotunno in the Parish Office to arrange your child's Baptism. For first-time parents, attendance at a Baptismal Preparation class is required. Prep classes are held on the second Thursday of every month at 7:30 p.m. in the Church.

<u>Visitation of the Sick and Elderly:</u> Please keep us informed so that we may be attentive to those who are ill at home or in the hospital. Eucharistic Ministers are available to bring Communion on Sundays.

Parish Ministries

Africa Surgery	Tom Johnson	973-292-3320
Altar Linens	Mike Cherello	973-267-6825
Altar Servers	Fr. John Hart	973-539-2141
Bereavement	Michele Cameron	973-769-9634
Bethany Ministry	Linda Macios	973-539-2141
Boy Scouts	Kevin Kelly	973-727-7082
Cub Scouts	Cassandra Nielson	973-452-3857
Centering Prayer	Fr. Ken Lasch	973-538-2653
Children's Worship	Linda Cannilla	973-540-1683
CYO Basketball	Kevin Bopp	917-861-2876
Divorced Catholics	Deacon Elliott Stein	973-539-2141
Endowment for Poor	Claudia Nardi	973-539-2141
Eucharistic Min.	Marybeth Wooters	973-538-6784
Family Promise	Brian Doherty	973-714-7674
Finance Committee	Dorothy Flynn	973-538-2634
Food Pantry	Claudia Nardi	973-539-2141
Gardening	Eileen Tecza	973-539-2141
Giving Tree	Brian Morgan	973-462-6972
Good Samaritan	Jeanette Fredericks	973-216-2231
Home School Assoc.	Jean Jabbour	973-809-8630
Holistic Health	Michele Cameron	973-769-9634
Homeless Solutions	Ralph Ferrara	973-769-6418
JustFaith	Kerry Mowry	973-683-1220
Knights of Columbus	William C. Duggan, Jr	.973-960-6417
Lectors	Andrea Bozzi	973-656-9864
Mental Health Liaison	Paul Boehler	973-722-4994
Men's Group	Peter Zaremba	215-518-4973
Moms and Tots	Henriette Kahn	973-539-1350
Nursing Homes	Mary Dibble	973-998-0838
Pre-Cana	Ken and Rosa Rose	973-539-9845
RCIA	Fr. John Hart	973-539-2141
Respect Life	Sue and	
·	Dave O'Dougherty	973-993-3068
Safe Environment	Linda Macios	973-539-2141
Senior Citizens	Joan Kramer	973-539-4910
	Janet Dedrick	973-539-7811
Soup Kitchen	Annaliese Rush	973-455-0391
Spiritual Direction	Karen Florance	973-476-5542
Üshers	Anthony Romano	973-267-5433
Village Angels/Tanzania	Johanna Burani	973-610-4856
Welcome /Hospitality	Moira Clarkin	973-539-4390
Women's Cornerstone	Chrissy West	973-809-1646
Women's Faith Sharing	Gina Hurley	973 460 7241
Vocations	Deacon John Brandi	973-539-2141
Young Professionals	Fr. Lukasz Wnuk	973-539-2141
Youth Ministry	Lisa Sullivan	973-267-8519

MASS INTENTIONS

8:00 a.m. Thomas Ferrara
5:30 p.m. Patricia Moore
Brian McNally

SUNDAY December 30

7:00 a.m. People of the Parish

8:30 a.m. Margaret and Howard Plant

Ben Aspero

10:00 a.m. Richard J. Doran Sr.

Frank Tozzi

12:15 p.m. Amy Van Dyk

Eugenia Figueiredo

MONDAY December 31

7:00 a.m. Carmela Ferrara Wilson 12:05 p.m. Joe and Hazel Luayon (Living)

5:30 p.m. Nellie and Joseph Bernisky

TUESDAY January 1 Solemnity of Mary 9:00 a.m. Ellen Cora Burke

12:00 p.m. Maria Perna
WEDNESDAY January 2
7:00 a.m. John H. Hart

12:05 p.m. Frederick Schroeder

THURSDAY January 3 7:00 a.m. Peggy Morrin

12:05 p.m. Harold and Mary Fredericks

FRIDAY
7:00 a.m. Margaret Morrin
12:05 p.m. Barbara Dougherty

SATURDAY January 5

8:00 a.m. Tommy Wendorff

5:30 p.m. Rudy Kelly, George Momberger

Margaret Kondroski

SUNDAY January 6

7:00 a.m. People of the Parish
8:30 a.m. John Dan Poling
Charles Kennedy

10:00 a.m. George E. Parker

Frank Tozzi

12:15 p.m. Joe and Thursa Hyland

Benjamin Aspero

5:30 p.m. Jane Rissland

Anthony Fiore

GATHER IN PRAYER

 Pray the Rosary weekdays 20 minutes before the 12:05 p.m. Mass.

 Pray the Perpetual Novena in honor of Our Lady of the Miraculous Medal every Monday immediately following the 12:05 p.m. Mass.

• Eucharistic Adoration the first Saturday of each month 8:30 - 9:00 a.m. and the first Monday of every month at 5:30 p.m.

irst Reading: Sirach 3:2-6, 12-14

Our first reading comes from a book in the Hebrew Scriptures that contains proverbial wisdom about proper living. In this excerpt, the sage praises loving respect for one's parents.

C econd Reading: 1 John 3:1-2,21-24

This reading from the first letter of John reminds us that we are God's children now.

👺 <u>ospel: Luke 2:41-52</u>

Our reading from Luke's Gospel sheds light on the destiny of the young Jesus. His life is to be spent in the service of God, his Father.



We invite you to prayerfully reflect on the Readings for the week of December 28

Monday 1 Jn 2:18-21; Ps 96:1-2, 11-12, 13;

Jn 1:1-18

Tuesday Solemnity of Mary

Nm 6:22-27; Ps 67:2-3, 5, 6, 8;

Gal 4:4-7; Lk 2:16-21

Wednesday 1 Jn 2:22-28; Ps 98:1, 2-3ab, 3cd-4;

Jn 1:19-28

Thursday 1 Jn 2:29—3:6; Ps 98:1, 3cd-4, 5-6;

Jn 1:29-34

Friday 1 Jn 3:7-10; Ps 98:1, 7-8, 9; Jn 1:35-42

Saturday 1 Jn 3:11-21; Ps 100:1b-2, 3, 4, 5;

Jn 1:43-51

Sunday Is 60:1-6; Ps 72:1-2, 7-8, 10-11, 12-13;

Eph 3:2-3a, 5-6; Mt 2:1-12

PLEASE REMEMBER AND PRAY FOR THE RECOVERY OF:

Charles Arnolt, Charles Arteglier, Greg, John, and Tom Baxter, Paula Rose Carducci, Jim Cavanaugh, John Hyland, Kenneth Krause, Nancy Arteglier, Jim Mongey, Sister Marie Graziano, Elaine Metzger, Jack Guerriero, Francesca Kobylarz-Bongiorno, Barbara Ryan, Saletha Corbin, Msgr. Leo Carey, Ray Donovan, Ellie Morrell, Ada Thigpen, John Golden, Brian Reilly, Caleb Quirk, Ann Vaughan, Carl Sullivan, Lewis White, Pete Benza, Nigel Leoppkey, Sister Clare Tully, Lisa Yarosz, Calvin Zamarelli, Stephanie Trincanello, Pope Benedict XVI, Lyle Leeson, Rob Loia, Gail Muhammed, Harding Corbin, Antoinetta Bernardo, Noel Robinson, Thomas Devlin, Hester Davis, Manuel Regaldo Sydney, Marcia Ann Bowers, Mildred Crump, Ronnie Pennimpede, Terri Abrams, Philip Barrett. Louis Cicitta, Bill Duggan, John Jennings, Richard Julianno, Madeline Longo, Baby Genevieve Chitwood, Janet Patricia Felix, Elijah Sideeq Williams and Jennifer Williams, Paul Staudt Sr., Romilda Chiga, Rebecca Russo, Regent Boisvert, Mary Antosiewicz, Dave DeMott, Linda Christopoulos, Rowland Lucid, Shirley DeRossi, Bonita Stein, Janet Stiles, Ruth Puoti, Alan Nadler, Michael Grogan, John Hefferon, Doris Bonanno, Kathy DiFiore, Baby Alexander Gedicke, Terrence Wanniski, Louise Fichot, Bob Gebhardt, Della Corbin, David Alston, Ricardo Gonzales, Jenny Reed, Tim Hart, Marla Paillet, Dawn Tezino, Rossana Wright, Wanda Barnett, George Corbin, Harry Widmeier, Peter Bardes, Jean Morrow, Audrey Roast. Genny Reed, Jessica Rodriguez, Marion Roman, Carmen Galdieri, Rey Caudillo, Gabriella Lourdes Calello, James Wright, Rose Lagrotteria, Fran LaSala, Francis Montemurno Jr., Genevieve Hosier, Joan Duggan, Barbara Kiely, David Baime, Roger Manshel, George Corbin, Michelle DeGirolamp, Florida McKoy, Ethel Fassulo, Gloria Dabal, Laurie Quinn, Vivian Hart,

Please call the Parish Office at 973-539-2141 with the names of who you would like included in the prayers for the good health of the sick and homebound.



PLEASE PRAY FOR MEMBERS OF OUR PARISH COMMUNITY AND THEIR LOVED ONES WHO HAVE SERVED, OR ARE SERVING, IN THE ARMED FORCES

CW3 Michael Benkosky Green Beret, Special Forces, Airborne Joint Forces; Commander William H. Shipp, Military Professor, Naval War College, Newport, RI; Andrew Vasquez US Army; Andy Soucy US Army; Dan Lessnau Former Marine and Veteran of the Viet Nam War: Kevin Felix US Military Colonel; Lt. Tim Fleury, US Navy; Staff Sergeant William J. McSweeney Retired Marine Served Around the World: Matthew Gonabe, Lt. US Navy Pilot Serving in the Persian Gulf: David Ribardo, 1st Lt. US Army Serving in Afghanistan; Capt. Brendan Griswold 82nd Air Borne in Afghanistan; Capt. Patrick Flynn, US Army 1st Infantry, Afghanistan; Sergeant Richard Galluzzo Serving in Afghanistan, Lt. Thomas Keyes Jr.; Capts. Scott and Meghan Harra, US Army in Afghanistan; Captain Timothy Newcomb, US Army Special Forces; Col. Jason M. Barrett, USMC in Iraq and Afghanistan; Capt. Andrew Pineda and Capt. Laurence Pineda, US Air Force, SMSgt. John Bartow, Stratton ANGB NY, Douglas Reisch, 1/325 Infantry, 82nd Airborne Division, Daniel Baron, US Navy, Hawaii, 1LT Schuyler Orecchio, 3rd U.S. Infantry Regiment, Arlington, VA, Special Operator 2nd Class Patrick Gaven, USN, Staff Sargent Brent M. Betit, ARNG. First Sqt. Jeramiah Dempsey, USAF, Dr. Casey McCann, Lt. Commander Navy; 1st Lt. J.D. Poling, US Army, Gitmo, Cuba, PFC Peter Mitchell, USMC, Dale G. Potter, Retired Lt. Commander US Navy, and Major US Marine Corps.

GOOD SAMARITAN MINISTRY

Need help? Our Good Samaritan Ministry can assist registered parishioners with various errands and services. Contact our January coordinator, Jeanette Fredericks at 973-267-7152.



December 24, 25, 26 Closed

December 27 8:30 a.m. - 4:00 p.m.

December 28 8:30 a.m. - 3:00 p.m.

December 31 8:30 a.m - 12:00 p.m.

January 1
Closed

HAVE A BLESSED CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR!

THE HOLY FAMILY OF JESUS, MARY AND JOSEPH

"Son, why have you done this to us? Your father and I have been looking for you with great anxiety." (Luke 2: 41-52)

Today we celebrate the Feast of the Holy Family, on this Sunday within the Octave of Christmas. Here is a reflection I hope you will enjoy.

The new movie **First Man** tells the story of Neil Armstrong, the first man to set foot on the moon. But the film is about much more than space travel.

First Man is also the story of a family coping with the struggles and challenges of life on earth. Neil Armstrong is a quiet, reserved, focused pilot and engineer who possesses that rare ability to immediately analyze a problem and correct it. But he is much more comfortable dealing with problems in space than on earth.

While applying to fly in the Gemini space program, Neil and Janet's two-year-old daughter Karen dies of cancer. Karen's death looms large over **First Man** and turns an already taciturn man further inward.

Neil and Janet are a loving couple but their daughter's death has driven a wedge between them. Neil finds refuge in his work, his emotions churning so many miles below the surface that they barely register. Janet is a very traditional mid-century suburban wife but, in her own way, as honest and determined as her husband. She is proud of her husband but nervous with the knowledge that the astronauts are "a bunch of boys playing with balsawood models." She realizes the dangers that NASA tries to diminish and her husband refuses to discuss. In one of the movie's most powerful scenes, Janet insists that her husband sit down with their sons before the moon voyage to answer their questions about the dangers he was facing.

At Neil's interview for the Gemini program, astronaut Peter Conrad says to Neil, "Neil, I was sorry to hear about your daughter." Neil replies, "I'm sorry, is it a question?" Conrad stammers, "What I mean is: Do you think it'll have an effect?" Neil responds without a hint of emotion, "I think it would be unreasonable to assume that it wouldn't have some effect."

Science may take humankind to the outer reaches of space, but does little to alleviate the emotional pain of living with loss.

WHY WERE YOU
LOOKING FOR ME?
DID YOU NOT KNOW
THAT I MUST BE
IN MY
FATHER'S HOUSE?"

In today's Gospel, Mary and Joseph experience the unimaginable anxiety of losing their child. While Luke includes the story as a sign of what is to come in Jesus' life, it is also a story of the challenges and struggles of family life. Neil and Janet Armstrong lived the pains and doubts and despair that are part of every marriage and family. May we give thanks this Christmas Sunday for the gift of family and, in the New Year, take on, out of love and care for those we love, the hard, Christ-like work of being family to one another.

Merry Christmas and Happy New Year! Father John

JESUS IS FOUND IN THE TEMPLE

Our Gospel this weekend describes a time of anxiety in the life of Jesus' family. We can imagine their panic and worry as they discovered that Jesus was not with the caravan returning to Nazareth. When they found Jesus at the Temple, Jesus spoke like a typical adolescent, unsympathetic to his parents' concern. Yet his words teach an important lesson about reducing anxiety in our family life. In essence, Jesus says, "If you had remembered who I am, you would have known where to find me." In their panic, Mary and Joseph had forgotten what had been told to them before Jesus' birth, that their son was the Son of God. Knowing a person well helps reduce our anxieties for them because we can better predict how they will behave, and we know their capacity to handle the challenges life might present to them. As you gather as a family, have fun playing the game "How well do you know me?" Take turns trying to stump one another by asking family members questions about yourself, such as "What is my favorite memory of a family vacation?" "If I could travel anywhere in the world, where would I go?" One member of the family might prepare and read the questions aloud as each person writes down the answers. Family members then take turns guessing the answers, playing this game as a quiz show. Observe that one thing about families is that we learn to know each other well.

SINCERE THANKS FROM THE GIVING TREE COMMITTEE

On behalf of the Giving Tree Committee, we would like to thank you for your overwhelming outreach to the poor and less-fortunate. Thanks to your generosity, we were able to provide over 1,025 gifts to seven different social service organizations throughout Morris County and the Paterson diocese.

A special thank you to all the "elves" who helped ensure the gifts were sorted, purchased, and delivered.

We also thank Claudia Nardi for all she does to help the local poor who come to our parish looking for help both at Christmas and throughout the year. An enormous thanks to Doug Reisch and the rest of our Assumption staff for all they do to support this wonderful undertaking each year.

You can be certain that this Christmas season the recipients of your gifts will be filled with joy as they find God's loving "presence" in your "presents".

The Giving Tree Committee

TRUST IN GOD'S PLAN

"And I saw that truly nothing happens by accident or luck, but everything by God's wise providence ... for matters that have been in God's foreseeing wisdom, since before time began, befall us suddenly, all unawares; and so in our blindness and ignorance we say that this is accident or luck, but to our Lord God it is not so."

— St. Juliana of Norwich

WINTER SOUL-STICE A BOOK BY FR. KEN LASCH

Catholic Book Company has published a small book of Father Lasch's poetry entitled: "Winter Soul-stice - Reflections on Light and Darkness in a Season of Grace."

The book is available at Catholic Book Publishing Corp, 77 West End Rd, Totowa, NJ 07524, 973.890.2400 or at www.catholicbookpublishing.com. Especially appropriate for the Christmas season.

WOMEN'S CORNERSTONE SAVE THE DATE MARCH 15 - 16, 2019 "HE RESTORES MY SOUL"

What is the Women's Cornerstone Retreat? It is a program for spiritual renewal and personal growth. It is an experience for women by women. We come together to grow in the knowledge and love of God. During the 24-hour retreat, you will listen to the faith journeys of other women, and focus on your own spiritual development. It's a time for you to engage in quiet reflection, and to get to know other Catholic women. The retreat will take place at Villa Pauline Retreat and Spiritual Center in Mendham, and the cost is \$150.00. Please contact Chrissy West at 973-809-1646 costa1112@yahoo.com for more information.

MEN'S CORNERSTONE XIX: JANUARY 25 - 26, 2019 "It's Your Time to Rise Up!"

The Men's Cornerstone weekend is a 25-hour experience that begins on Friday evening, and culminates with the Saturday Evening Vigil Mass at 5:30 PM. During this weekend you will become more conscious of how Christ is the Cornerstone of your life... how He enables us to live, grow and become more loving and to rise in our faith. It's a great opportunity to meet other men who also seek a conversion of the heart. The Cornerstone Weekend is a wonderful gift, a much needed spiritual lift from the daily routine of our lives. This might be the most rewarding investment you will ever make! Just ask any man who has attended. Registration donation: \$50. Register online at www.ndcarmel.com. For more information, contact John Mazzola jimazola@gmail.com or call 516-382-8476.

THE HISTORY OF THE PARISH

We Built a Family Together: The History of the Parish of the Assumption of the Blessed Virgin Mary by parishioners Robert and Jeanette Fredericks, with photographs by Sergio Burani, is a great Christmas gift! Stop by the office during office hours to pick one up for a \$25 donation to Assumption Church.

ADORATION OF THE BLESSED SACRAMENT SAT. JANUARY 5, AND MON. JAN 7

St. Alphonsus Ligouri said "Good friends find pleasure in one another's company. Let us know pleasure in the company of our best Friend, a Friend who can do everything for us, a friend who loves us beyond measure. ...In the Blessed Sacrament we can talk to him straight from the heart."

Adoration of the Blessed Sacrament will be held on Saturday, January 5 at 8:30 a.m., and Monday, January 7 at 5:30 p.m. Join us at this holy hour of prayer and as we offer the New Year to our Lord.

ASSUMPTION SCHOOL

Assumption School is happy to welcome new students at any time when space is available. Preregistration forms for the 2018-2019 school year are available at Assumptionnj.org under "forms". Please call the school to set up an appointment at 973-538-0590, or stop by the school office for further information.

OPPORTUNITIES FOR REFLECTION AT LOYOLA

An Experience of Ignatian Prayer

Sunday, January 20, 2019 2:00pm – 5:00pm

Loyola Jesuit Center, Morristown, NJ

Cost: \$20 Includes Reconciliation and Mass

Led by: Helen Beairsto, RC Register at www.loyola.org

Ignatian Spirituality

Tuesday, January 22, 2019

9:30am - 3:00pm

Loyola Jesuit Center, Morristown, NJ

Cost: \$40 Includes Breakfast, Lunch, Reconciliation

and Mass

Led by: Rev. George Collins, S.J.

Register at www.loyola.org

A Spiritual Journey Through The Lens Of The Wizard Of Oz

Wednesday, February 6, 2019

9:00am - 3:00pm

Loyola Jesuit Center, Morristown, NJ

Cost: \$40 Includes Breakfast, Lunch, Reconciliation

and Mass

Led by: Anna Graziano, Spiritual Director

Register at www.loyola.org

MANY THANKS TO ALL CHRISTMAS MARKET BAKERS

You did it again! Thank you for your peanut blossoms, pound, gingerbread and pumpkin cakes, lemon bars, spritzer and lemon ricotta cookies, peppermint bark and macaroons, etc., etc. baked with love to benefit Africa Surgery and the Village Angels of Tanzania. Thank you. May God reward you richly for your generosity and commitment to His poor.

MASS ATTENDANCE AND OFFERTORY

Mass Attendance for December 23 and for the Christmas masses will be noted in next weekend's bulletin.

Offertory amounts for December 23 and for the Christmas masses will be noted in next weekend's bulletin.

2018 BISHOP'S ANNUAL APPEAL Here I Am, Lord!

As the year comes fast to an end, and many are planning on how to make a final year-end charitable contribution that has the most impact, please consider the many lives that are helped because of the support given to the Bishop's Annual Appeal. These are your neighbors, your friends, our senior priests and seminarians and urban school students. All of us can play a part in the Bishop's Annual Appeal - as either a contributor to the cause or as a recipient of its mission and all are blessed as a result. Please make the Bishop's Annual Appeal a priority in your year-end philanthropy. Gifts can be made by check, credit cards, through gifts of securities or on-line www .2018appeal.org. If you are 70 ½ or over and have an IRA, you can receive a tax benefit by instructing your IRA investment manager to donate your required minimum distribution to the Bishop's Annual Appeal. Please consult your tax or financial advisor for more information.

SPIRITUAL DIRECTION

Feeling the desire for a deeper prayer life? Feeling a nudge to grow closer to God? Consider Spiritual Direction. In spiritual direction, you come to notice and reflect on God's presence in your life. Parishioner, Karen Florance a certified spiritual director offers free spiritual direction. Please contact Karen at kdflorance@optonline.net or 973-476-5542 for additional information.

WE WELCOME INTO THE CHURCH THROUGH THE SACRAMENT OF BAPTISM

Alexander Bennett Creveling Son of Alan and Elizabeth

ETERNAL REST GRANT UNTO THEM, O LORD

Philippa Bilotti
Mother of Richard

COUNT YOUR BLESSING AT CHRISTMAS

Rejoice always. Pray without ceasing.
In all circumstances give thanks,
this is the will of God for you in Christ Jesus

for this is the will of God for you in Christ Jesus.

Consider an attitude of gratitude each day all year long, not just during the Christmas season.

The experience of gratitude is associated with higher levels of contentment and satisfaction with life, and optimism about the future. Grateful people take better care of themselves and engage in more protective health behaviors like regular exercise, healthy diet, and regular physical examinations.

Here are some ways to cultivate gratitude on a regular basis:

- Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for.
- Pray. Use prayer to cultivate gratitude.
- Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.
- Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month.

RECOVERY MASS

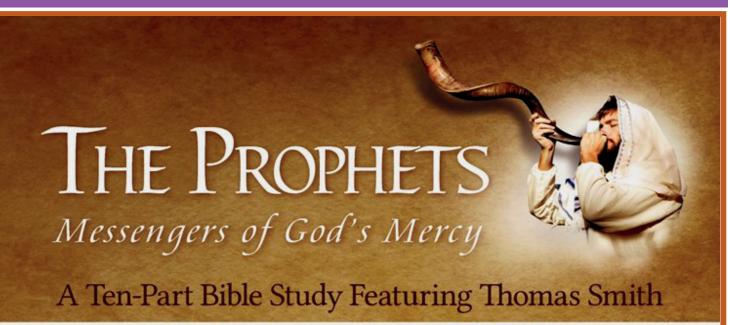
The Shrine of Saint Joseph, 1050 Long Hill Road, Stirling, NJ, hosts a monthly Recovery Mass on the second Saturday of each month from 12:00-1:30 p.m. Following Mass, there is an Intercessory Prayer Session in the chapel where you can pray in community for loved ones still enslaved by addictions, and give thanks for those who have found recovery. For more information, call 973-370-DRUG (3784).

STOP MODERN DAY SLAVERY

U.S. Catholic Sisters Against Human Trafficking is a collaborative, faith-based national network that offers education, supports access to survivor services, and engages in advocacy in an effort to eradicate modern-day slavery.

Not all persons experience loving families and receive multiple gifts. REMEMBER those who are bought and sold as commodities for greed and pleasure. Find out more at www.sistersagainsttrafficking.org.

A New Year's Prayer Lord, You make all things new. You bring hope alive in our hearts and cause our spirit to be born again. Thank you for this new year, for all the potential it holds. Come and kindle in us A mighty flame, so that in our time. many will see the wonders of God, and live forever to praise Your glorious name. Amen **BLESS** HAVE A GREAT WEEK











Dates, Times, Location

Two Sessions Mondays at 9:00 a.m. in Rauscher Hall Beginning January 14

Wednesdays at 7:00 p.m. in Rauscher Hall Beginning January 16

Cost/Registration

Register online at www.assumptionparish.org
Or stop into the parish office to register.

The cost is \$24.95

For More Information

Call 973-539-2141
or email lwnuk@assumptionparish.org
for more information.

If we consider that God is the Divine Bridegroom and the Church is his Bride, then the prophets can be seen as "spiritual marriage counselors." They afflict the comfortable and comfort the afflicted, calling us to return to our covenant relationship with God. They urge us to repentance, warn us of the dangers of sin, and announce the blessings of faithfulness. Their prophetic words speak to us even today, as they draw us closer to our heavenly Bridegroom.

"I love this study! ... Now we know where they were when they said it, why they said it. Thomas was so clear. He illuminated it so well that it was easy to understand."

-Celesta Duscheno



Visit BibleStudyForCatholics.com to learn more!

TEN NEW YEAR'S RESOLUTIONS FOR CATHOLICS

It's January again—time to make those New Year's Resolutions! Why not make a few resolutions to become a better Catholic in 2019? You certainly don't have to tackle all ten, but choose two or three goals to improve your spiritual life this year.

1. Attend daily Mass

We offer daily mass during the week at 7:00 a.m. and 12:05 p.m. Since the group attending is usually small and there is often no singing, our daily masses will only take about 30 minutes of your day. In return, you'll receive extra graces and blessings for the small sacrifice.

2. Spend some time in front of the Blessed Sacrament

We offer Eucharistic Adoration on the First Saturday of the month at 8:30 a.m. and the first Monday of the month at 5:30 p.m., but you can stop by our church or any Catholic church any time the doors are open and spend a little quality time with Christ. Even just 10-15 minutes on a regular basis will deeply improve your spiritual life.

3. Go to Confession every month

Yes, it's difficult to face your sins and say them out loud, but frequent reception of the Sacrament of Reconciliation gives you the grace to fight those sins and perhaps finally defeat them. Come to confession at Assumption every Saturday at 4:15 p.m., or call the parish office to make an appointment for a priest to hear your confession.

4. Pray the Rosary

The Rosary has been hailed by saints and popes alike as a powerful weapon to defeat evil and a beautiful way to meditate on the gospels. There are many powerful blessings and promises granted to those devoted to the Rosary. We pray the Rosary at Assumption weekdays at 11: 40 a.m.

5. Find a patron saint

If you don't have a patron saint, it's time to find one! Saints are our heroes in faith and are powerful intercessors for us in heaven. You might want to learn more about the saint you were named after, your Confirmation saint, the patron saint of your profession or hobby or any saint who interests you.

6. Read the Bible

If you don't own a Catholic Bible, invest in one and keep it out where you will see it every day. Attend one of our three Bible studies, held Monday mornings Wednesday evenings, and Thursday mornings. You'll also find helpful guides online or in a Catholic bookstore.

7. Learn about your faith

If all you do is go to mass every Sunday, you're missing out on many wonderful resources for your faith. This year, resolve to join FORMED, and read, participate in programs, and watch movies and videos about your Catholic faith. It's free to join using our parish code PRNMFC. www.formed.org

8. Get involved at Assumption

Volunteering as a lector, Eucharistic Minister, choir member or usher requires a very small time commitment but will pay off by helping you to feel like an important part of Assumption parish. For other ideas, visit www.assumptionparish.org/ministries and learn about all our ministry opportunities.

9. Check out Catholic radio

Catholic radio stations are popping up all over America and you need not live near one to listen in. Most stations broadcast online or offer smartphone apps. Try a few different stations and programs to find one that interests you.

10. Carry a Catholic Smartphone

Surprisingly, you'll find plenty of smartphone apps to help you become a better Catholic. Simply type "Catholic" in your phone's app store search index, and you'll find a long list of apps including prayers, Catholic radio stations, Confession guides, Bibles, etc. Instead of texting or checking email during idle time, make use of those apps to learn more about your faith.



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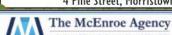
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