

ADVENT EVENING OF RECOLLECTION



Wednesday, December 10, 2025

Confessions & Adoration - 5:15-5:45p.m. ~ St. Benedict Church

Mass ~ 6:00p.m. ~ St. Benedict Church

Reflection & Refreshments after Mass in Parish Hall

As we strive to embrace this season of “waiting well”, all parishioners are invited to attend our Advent Evening of Recollection. Parishioner, Dr. Janyne Althaus, will offer a reflection on “Clearing Out the Clutter to Make Room for Happiness”. No sign-up is required. Take some time to slow down and give yourself the gift of peace during this Advent season—we hope to see you there.



CLEARING OUT THE CLUTTER TO MAKE ROOM FOR HAPPINESS

As the holidays approach and our schedules get busier, it seems as if the happiness we crave while living a life with Christ moves further away, and we find our peace and contentment decreasing, not increasing. Yet, sometimes what interferes with our happiness isn't what we lack. Instead, there are too many obstacles standing in our way, too much clutter blocking us from finding that which we seek. As we await Christ's Nativity this Advent season, let us prepare our lives for His arrival by reflecting on what clutter we cling to in our lives that prevents Him from fully entering in, and how to clear it out to make room for the happiness God desires that we all have.

Dr. Janyne Althaus is a Maternal Fetal Medicine specialist whose practice focuses on caring for women with complicated or high-risk pregnancies on the Eastern Shore. Raised in Michigan, she received her medical degree from Michigan State University College of Human Medicine and holds Master's degrees in Creative Writing from Johns Hopkins and Catholic Studies from the University of St. Thomas in St. Paul, MN.