



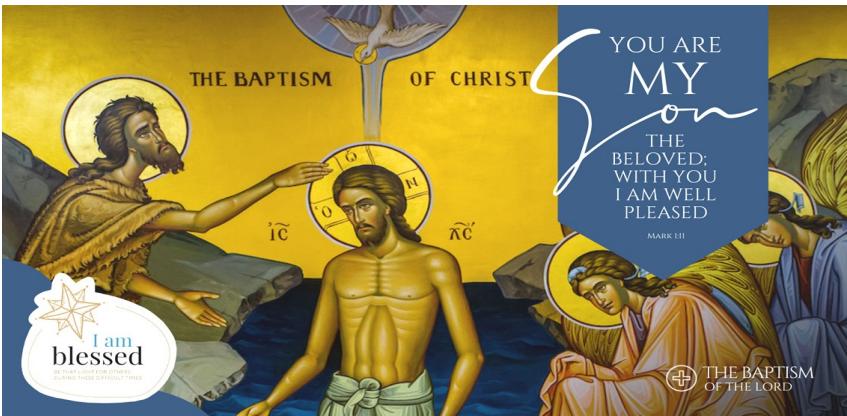
# Sacred Heart Parish

Strathmore, AB

Parish Office Located at: 23 Strathmore Lakes Way, Strathmore, AB T1P 1L7 403-934-2641

## Baptism of the Lord - January 10, 2021

After the Lord was baptized, the heavens were opened, and the Spirit descended upon Him like a dove, and the voice of the Father thundered:  
This is My beloved Son, with whom I am well pleased.



First Reading: Isaiah 55.1-11

Second Reading: 1 John 5.1-9

Gospel: Mark 1.7-11

John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins.

In his preaching he proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit."

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

### MASS INTENTIONS

Saturday	January 9	Parishioners
Sunday	January 10	† Luke Loftus
Tuesday	January 12	CWL Members
Wednesday	January 13	† Eugene Kathol
Thursday	January 14	† Sylvia Eliuk
Friday	January 15	† Dorothy Stinn
Saturday	January 16	† Allen Paradis
Sunday	January 17	Parishioners

If you would like to book a Mass Intention for a week day, Fr. Tomy will offer up your intention while he celebrates daily Mass at the Rectory.



# THANK YOU!

We are very grateful for all the volunteers who helped during our Christmas and New Year's celebrations, and appreciate all the volunteers who help with all our Masses. Thank you to everyone who sets up the gym and decorations; to the safety crews for the work they do with registration, ushering, cleaning and sanitizing; and to our cantors and lectors. Thank you, Fr. Tomy, for leading all our Masses. You are all a blessing to our parish community.

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Fr. Tomy would like to thank everyone for all their greeting cards and gifts and for making him a part of the Sacred Heart Parish family.

### Weekend Mass Times

(Limited seating space, please pre-register at [www.sacredhc.ca](http://www.sacredhc.ca))

**Saturday 5:00 pm (Holy Rosary at 4:30 pm)**  
**Sunday 10:00 am (Holy Rosary at 9:30 am)**

Holy Mass is held in the Holy Cross Collegiate (HCC) School Gym North Doors, 709 B - 2nd Street

### Confession

**Sat. 4:15-4:45 pm (HCC Foods Room)**  
**Sun. 9:15-9:45 am (HCC Foods Room)**  
or by appointment at the Parish Office  
Please call 403-934-2641

### Gospel Reflection

At the end of the Christmas season, we enter the coldest part of the year in much of Canada. This year, we enter it after a very different Christmas in quarantine. It is easy to become discouraged, or even angry with God in seasons of suffering, loss, or isolation. But these beautiful readings on this wonderful feast of Jesus' Baptism remind us He was called into the world to love and bless it as it was, and so are we. God does not call us to, or commission us for, a perfect world that doesn't exist, but for the perfectly imperfect world into which He has placed us. We are His beloved children, chosen for this time in history, called to build the Kingdom with Him here and now. We have been baptized in the name of the Father, Son and Holy Spirit to be conduits of God's love for the world. So call a lonely friend. Make one more meal for the people who don't always appreciate it. Go back for another shift as an essential worker. Pray hard for someone suffering more than you. Every little act of love of the baptized is a participation in grace – even and especially in a world plagued by COVID.

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**B**aptized Jesus, you were anointed to walk among us, beloved and chosen by the Father, and you have anointed and chosen us too. Remind us of the grace of our Baptism, and inspire us to love the world as it is, especially when the world is hurting. **Amen.**

### Parish Office Closures

Due to the latest restrictions issued by the Government of Alberta, effective December 13th, the Parish office will be **closed** until further notice and the Secretary (Lynn) will be working from home.

Lynn will be available via email ([secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)) or by calling the parish office phone (403-934-2641).

For emergencies only, please contact Fr. Tomy at 403-928-1151.

# Financial News

## TRUST IN THE LORD.

We are the body of Christ.  
Each family is an essential part of this body.  
Please continue to support our faith community.

Thank you, everyone, for your donations. Our parish relies on your Sunday offerings for maintenance and growth. By making your offertory gift, you are providing crucial support to care for our parish during this difficult time. If you would like to make a donation, there are several options:

- If you attend public Mass on Saturday/Sunday, there is an offertory basket located near the altar.
- You may mail or drop off donations at the Parish Office.
- Send an e-Transfer to [sacredhc@shaw.ca](mailto:sacredhc@shaw.ca) and state within the message if your donation is for **Operations or Building Fund**.
- Sign up for regular monthly automatic direct debit payments. We will debit your account once per month (the first Wednesday). Please click [here](#) for a copy of the **Pre-Authorized Debit (PAD) Agreement form**, complete/sign the form, and forward/bring it to the Parish Office. Please call the office if you would like us to mail you a copy of this form.
- Donations via credit card are available at [www.sacredhc.ca/donate](http://www.sacredhc.ca/donate)

May our generosity be an expression of gratitude for what God has given us.

## Memorial Fund Donations

If you would like to make a donation in memory of a loved one, please make cheques payable to:

**Sacred Heart Parish**

and earmark your donation with the note:

**For the Building Fund - In Memory of  
{loved one's name}**

You will receive a charitable tax receipt for your donation.

**Jonathan Van Verdegem** was a very faithful and dedicated member of our Sacred Heart Catholic Parish. He served as an altar server right up until his passing. We feel the building of our new Catholic Church was in the foremost part of his thoughts. We will continue to receive donations in his memory.



Please make your donation as indicated above:

**For the Building Fund -  
in Memory of Jonathan Van Verdegem.**

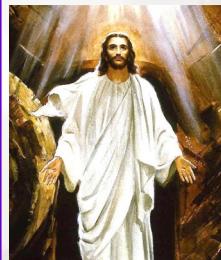
*Eternal rest grant unto them,  
oh Lord, and let perpetual light  
shine upon them.*

*May the souls of the faithful departed,  
through the mercy of God, rest in peace.  
Amen.*

## Parish Finances for the Month of November, 2020

Operations	Monthly Actual	Monthly Budget	Quarter Ending Sept/2020
All Income	\$12,731.85	\$17,197.20	\$82,049.60
All Expenses	\$11,379.18	\$18,903.66	\$109,107.49
Surplus/(Deficit)			(\$27,057.89)
<b>Building Fund</b>			
All Monies Received (Excluding Pledges)	\$12,631.00		
<b>Cornerstone Pledge Campaign</b>			
Commitment	Received	Year to Date	
2019	\$777,205.00	-	\$617,126.91
2020	\$483,495.00	\$35,895.72	210,975.92
2021	\$574,650.00	-	-
<b>Central Fund Savings</b>		<b>Together in Action</b>	
as at Nov. 30, 2020	\$1,300,083.04	<b>Goal for 2020</b>	\$13,387.00
Grocery Cards Sold	\$3,300.00	<b>Received</b>	\$6,727.80

## Mass Intentions for Your Loved Ones.



If you would like to have a Mass said in remembrance of your loved one, we have Mass Intention envelopes available at the Parish Office. You may stop by and pick-up one or more, fill out the information on the outside of the envelope and either bring or mail it to the parish office or place it in the weekly offertory basket at Mass. We will contact you and arrange a date for the Mass.



If you are new to Strathmore and Sacred Heart Parish, a warm welcome to you and your family. If you would like to register with our Parish or receive information about activities that are happening with our Church

and the Diocese, please contact the Parish Office at [secretary@sacredhc.ca](mailto:secretary@sacredhc.ca) or 403-934-2641. We can also set you up with a Numbered Offering Envelope, this will ensure that your donations are included in your tax-deductible receipts at year end.

**FORMED**

PICK OF THE WEEK

January 10, 2021



**WATCH**

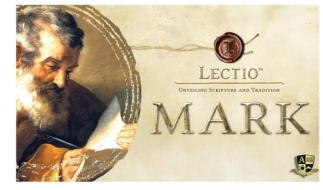
**REBORN - EPISODE 1:  
A NEW CREATION**

This week, as we contemplate Jesus' Baptism, dive into the mystery of the Sacrament of Baptism! Through our Reborn series, you will come to understand the deeper meaning behind your Baptism!

**FORMED**

PICK OF THE WEEK

January 10, 2021



**LEARN**

**LECTIO: MARK, EPISODE 2:  
PREPARE THE WAY OF THE LORD**

Jesus couldn't have been baptized without a baptizer. Join Dr. Tim Gray as he explains the opening verses of Mark's Gospel that depict the ministry of John the Baptist — the man who would baptize Jesus.

# Parish & Diocesan Activities

## Confirmation Preparation

Sacred Heart Parish offers Confirmation preparation (classes) every two years. Registration for the next Sacred Heart Parish Confirmation classes will begin in the **Fall of 2021**. The celebration of Confirmation Mass will take place in **June, 2022**.

Other parishes in the Diocese of Calgary offer Confirmation preparation and celebrate the Confirmation Mass every year. The Diocese has endorsed an online program for Confirmation preparation. The **online video lessons run from February 1st to April 30th, 2021**. If you have a child who is in Grade 6-12, and you want to enroll them in Confirmation preparation, the following options are available to you:

1. Enroll in the Sacred Heart Parish Confirmation preparation program by registering in the Fall of 2021 and celebrate the Confirmation Mass in June, 2022 with Sacred Heart Parish confirmands.
2. Enroll in the online course, register with Sacred Heart Parish, and celebrate the Confirmation Mass in June 2022 with other Sacred Heart confirmands. This option will require the confirmand to attend Sacred Heart's rehearsal prior to the official Confirmation date.
3. Enroll in the online course, register with another parish, and celebrate the Confirmation Mass with that parish.

For more information about the on-line Sacrament Preparation for Confirmation program and its requirements, please visit [www.catholicyyc.ca/confirmation.html](http://www.catholicyyc.ca/confirmation.html)

If you have any questions, please contact the Parish Office at 403-934-2641 or email [secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)

## Week of Prayer for Christian Unity - January 18-25, 2021

The Week of Prayer for Christian Unity is celebrated around the world on **January 18-25, 2021**.

**The 2021 theme** – Abide in my love and you shall bear much fruit (John 15:5-9) – calls us to pray and to work for reconciliation and unity in the church, with our human family, and with all of creation. Drawing on the Gospel image of vine and branches, it invites us to nourish unity with God and with one another through contemplative silence, prayer, and common action. Grafted into Christ the vine as many diverse branches, may we bear rich fruit and create new ways of living, with respect for and communion with all of creation.

The importance of unity among Christians and the responsibility of the people of each parish to work for this unity should be emphasized throughout the week. All members of the parish should seek to have a deeper understanding of ecumenism.

- A **resource kit** containing program materials for the Week of Prayer adapted to Canadian context is available from [www.weekofprayer.ca/2021-wpcu-resources](http://www.weekofprayer.ca/2021-wpcu-resources). This resource kit contains practical suggestions on prayers or activities for parishes, families, schools and campus ministries for the Week of Prayer for Christian Unity and the 2021 theme.
- Save the date: An Evening Service of Prayer will be held on Wednesday, **Jan. 20 at 7:00 pm**, and [livestreamed](#) via Ascension Catholic Church's [livestream link](#).

## A Priest and a Rabbi Read Scripture Together

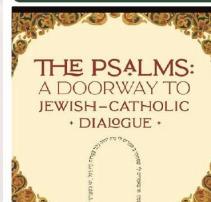
You are invited to join virtual sessions of "**A Priest and a Rabbi Read Scripture Together**" with Fr. Adrian Martens and Rabbi Mark Glickman (Temple B'nai Tikvah).

This event highlights the new released resources from CCCB "[The Psalms: A Doorway to Jewish-Catholic Dialogue](#)."

**When:** Jan. 21, Feb. 4 and Feb. 18  
7 pm to 8:30 pm, via Zoom.

**To register, contact:** [office@bnaitikvah.ca](mailto:office@bnaitikvah.ca)

### A PRIEST AND A RABBI READ SCRIPTURE TOGETHER: PSALMS AS A DOORWAY TO JEWISH – CATHOLIC DIALOGUE



January 21  
February 4  
February 18  
7:00 – 8:30 PM

Father Adrian Martens  
Roman Catholic Diocese of Calgary

Rabbi Mark Glickman  
Temple B'nai Tikvah

Please contact [office@bnaitikvah.ca](mailto:office@bnaitikvah.ca) for Zoom meeting details



# Parish & Diocesan Activities

## The Bible in a Year (with Fr. Mike Schmitz)

Fr. Mike's Schmitz's The Bible in a Year podcast is currently #1 in the US top podcasts chart with close to a million downloads in its first week. To listen to the podcast, check out your Apple Podcasts, Google Podcasts, Spotify, Castbox, Amazon Music, Stitcher or Ascension Press website: [www.media.ascensionpress.com/podcast/all-bible-in-a-year-episodes/](http://www.media.ascensionpress.com/podcast/all-bible-in-a-year-episodes/)

For more information, [click here](#)

## Seven saints to help you keep your New Year's resolutions

Susan Anthony confesses: I've never been particularly successful at keeping New Year's resolutions because I'm more successful at finding excuses to ignore them. Sounds familiar? This year Susan decided that she needs some help from the saints. [Read more.](#)

## How to Have a Fruitful Disagreement with Someone You Love

What are some best practices for having fruitful conversations when you're both firmly rooted on opposite sides of an issue? A Jesuit priest gives us seven attitudes with which we can approach any conflict. [Read more](#)

## The Jeff Cavins' Show

How do you simplify your life? How do you study the Bible? From raising kids to growing older, Jeff Cavins shares personal tips for living as a modern-day disciple of Jesus Christ through his podcast at [Jeff Cavins' Show in Ascension Press.](#)

## Pope Francis Prayer Intention - January 2021

Let us pray that the Lord may give us the grace to live in full fellowship with our brothers and sisters of other religions and not fight each other, and praying for one another, open ourselves to all.

Pope Francis – January 2021

When we pray to God following Jesus, we come together as brothers and sisters with those who pray according to other cultures, other traditions and other beliefs.

We are brothers and sisters who pray.

Fraternity leads us to open ourselves to the Father of all and to see in the other a brother or sister, to share our lives or to support, to love, and to know each other.

The Church values God's action in other religions, without forgetting that for us Christians, the wellspring of human dignity and fraternity, is in the Gospel of Jesus Christ.

We believers must return to our sources and concentrate on what is essential. What is essential to our faith is the adoration of God and love of neighbor.

Let us pray that the Lord may give us the grace to live in full fellowship with our brothers and sisters of other religions and not fight each other, and praying for one another, open ourselves to all.

To view more about what it means to be at the Service of Human Fraternity, [click here](#)

## **Sacred Heart Academy**

### 2021-2022 Little Flower Pre-K and Kindergarten Program - Registration

Our school would like to announce to all our families and parish members that Registration is open for our Little Flower Pre-Kindergarten and Kindergarten Programs! It's never too soon to register! We invite our families to share this announcement with any friends or family members

Registrations are accepted online. Please visit: <http://www.sacredheartacademy.ca/Registration.php>

# Parish & Diocesan Activities

## New AHS Restrictions and How These Will Affect our Parish

New stricter restrictions have been introduced by the Government of Alberta in an effort to bend the curve on the number of confirmed COVID-19 cases. These restrictions will affect our Parish and **will take effect on Sunday, December 13, 2020**. Following are some of the changes that will be implemented:

- \* Faith services are limited to 15% of fire code occupancy for in-person attendance. We have adjusted our number of allowable attendees at Mass to 83 (this number includes clergy, volunteers and parishioners). Please continue to register online at <https://sacredhc.ca/mass-times>. If we find that Masses are becoming full, we will look at adding an additional Mass(es). Also, physical distancing between households must be maintained (we are no longer able to seat cohort families together). We are only able to seat people who reside at the same mailing address, together.
- \* **Starting December 13th, the Parish office will be closed.** The secretary (Lynn) will be working from home. Lynn will be available via email ([secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)) or by calling the parish office phone (403-934-2641). For emergencies only, please contact Fr. Tomy at 403-928-1151.

## Celebrating Public Mass at Sacred Heart Church, Strathmore

Now that we are in Stage 2 of the relaunch for both the Diocese and the province, and with the help from volunteers, we are able to offer Mass at Sacred Heart Church.

Mass will be offered on **Saturday at 5:00 pm** and **Sunday at 10:00 am**. Seating space is limited so everyone must pre-register, individually, before attending Mass. To sign-up, please visit the homepage of [www.sacredhc.ca](http://www.sacredhc.ca) and click on the button that says '**Mass Registration**'. This will take you to the signup page. Locate the Mass that you want to attend, click the button beside it and fill out the required information. If you have questions about how to sign up, please contact the parish office.

In addition to pre-registering for Mass, following are some **guidelines** and **what you can expect when attending Mass**:

### Guidelines from the Diocese of Calgary/Sacred Heart Parish:

- Masses are to be celebrated simply and reverently within a shorter time.
- Procedures will be followed to limit possible exposure to the contagion.
- Alberta Health Services require that a record of all attendees and volunteers and their contact information be kept for contact tracing purposes.
- **Attendees and volunteers 65 years of age or older and individuals with chronic medical conditions are encouraged to stay safe by avoiding public gatherings but are not prohibited from attending Holy Mass if they so choose. You do so at your own risk.**
- **All attendees and volunteers are expected to wear non-medical masks and should bring their own masks.**
- Anyone who has even the slightest symptoms or feelings of sickness must remain at home. (i.e. Fever, cough, shortness of breath, sore throat, or runny nose.)
- Bathrooms will be closed except for health emergencies as it is impractical to maintain a sanitary washroom that is constantly in use.
- Please note that volunteers are automatically given a seat to attend Holy Mass. For volunteer job descriptions and to sign up to help out, please [click here](#).

### What to Expect When Attending Mass

**Guiding Principles:** Sacred Heart Parish will protect the health of all our Parishioners. Social distancing will be exercised for the entire Mass event. Bathrooms will be closed except for health emergencies as it is impractical to maintain a sanitary washroom that is constantly in use. We anticipate a 35 to 45-minute Mass duration dependent upon the number of Communicants. Children will remain with their parents or guardians at all times.

### **The following procedures will be practiced for Mass:**

- You MUST pre-register individually online via Parish Website by **Friday at 12:00 Noon** to attend.
- You MUST arrive 15-30 minutes before the start of Mass.
- A volunteer will confirm your attendance information at the door.
- You will receive hand sanitizer at the door.
- You will be escorted to your seat by an Usher.
- The doors will be locked at the commencement of Mass for the duration of Mass.
- An Usher will guide you to receive Holy Communion.
- When Mass ends an Usher will direct a prompt dismissal of attendees.
- Upon final exit the church space will be sanitized.

We are still in need of more volunteers to be able to continue offering Mass. If you are able to help, please sign up at [www.sacredhc.ca/volunteer-sign-up](http://www.sacredhc.ca/volunteer-sign-up)

# Parish & Diocesan Activities

## Parish Sacraments



Please call or email the parish office if you have any questions

### Baptism:

Baptisms are set for the last Saturday of the month. Please call the Parish Office 2 months prior to your chosen date for more information about Registration and Baptism Preparation.

### Marriage Preparation:

Please call or email the office to make an appointment with Fr. Tomy at least four months prior to your wedding date. Please do not finalize dates before speaking with the Pastor.

### Reconciliation/Confession:

Confession is available on **Saturdays, from 4:15-4:45 pm** and **Sundays, from 9:15-9:45 am** in the Holy Cross Collegiate Foods Room or at the Parish office, by appointment. Please contact the parish office.

### First Reconciliation/Holy Communion:

First Reconciliation and First Holy Communion Sacramental Preparation classes have been scheduled from **October 2020 to June 2021**, and are underway. Classes are being held **the first Wednesday of each month from 5:45-6:45 pm**. Registration for 2020-2021 is now closed. Registration for 2021-2022 will begin in September, 2021.

### Confirmation:

Confirmation Preparation classes are taught every two years (ie. 2018, 2020, 2022). If you have any questions, please contact Mr. Brent Wiley at [confirmation@sacredhc.ca](mailto:confirmation@sacredhc.ca) or contact the Parish Office.

### RCIA, RCIY, RCIC:

The Rite of Christian Initiation for Adults program runs yearly from Fall to Easter of the following year. If interested in attending, please call or email the parish office to speak with Deacon Paul Coderre, before the end of August.

## Parish Office - Contact Information

Office Hours:  
Wed - Fri 9:00 am - 4:00 pm  
Lunch Break: Noon-1:00 pm



**Pastor:** Fr. Tomy Manjaly | [pastor@sacredhc.ca](mailto:pastor@sacredhc.ca)  
**Bookkeeper:** Donna Johnson | [bookkeeper@sacredhc.ca](mailto:bookkeeper@sacredhc.ca)  
**Secretary:** Lynn Dumont | [secretary@sacredhc.ca](mailto:secretary@sacredhc.ca)  
**Office Phone:** 403-934-2641  
**Fr. Tomy's Mobile:** 403-928-1151 (Emergencies Only Please)  
**Mailing Address:** 23 Strathmore Lakes Way  
Strathmore, AB T1P 1Y9

**Deacon:** Roger Nelson | [deacon.roger@sacredhc.ca](mailto:deacon.roger@sacredhc.ca)  
**Deacon:** Michael Thompson | [deacon.michael@sacredhc.ca](mailto:deacon.michael@sacredhc.ca)  
**Deacon:** Paul Coderre | [deacon.paul@sacredhc.ca](mailto:deacon.paul@sacredhc.ca)  
**Website:** [www.sacredhc.ca](http://www.sacredhc.ca)  
**Facebook Page:** [www.facebook.com/sacredhc.strathmore](http://www.facebook.com/sacredhc.strathmore)  
**Diocesan Website:** [www.catholicyyc.ca](http://www.catholicyyc.ca)

### Parish Ministries and Organizations

**Altar Servers:** Tomas Rochford or Krysta VanVerdegem | [altar.servers@sacredhc.ca](mailto:altar.servers@sacredhc.ca)  
**Building Committee:** Paul O'Leary | [building.committee@sacredhc.ca](mailto:building.committee@sacredhc.ca)  
**Catholic Women's League:** Emily Rochford | [cwl@sacredhc.ca](mailto:cwl@sacredhc.ca)  
**Children's Liturgy:** Meaghan Patterson | [childrens.liturgy@sacredhc.ca](mailto:childrens.liturgy@sacredhc.ca)  
**Choir Liaison:** Emily Rochford | [music.ministry@sacredhc.ca](mailto:music.ministry@sacredhc.ca)  
**Confirmation Preparation:** Brent Wiley | [confirmation@sacredhc.ca](mailto:confirmation@sacredhc.ca)  
**Extraordinary Ministers:** Lynn Dumont | [liturgy@sacredhc.ca](mailto:liturgy@sacredhc.ca)  
**Finance Council:** Jim Chisholm | [finance.council@sacredhc.ca](mailto:finance.council@sacredhc.ca)  
**First Communion Preparation:** Emily Rochford/Katie Jalbert | [first.comunion@sacredhc.ca](mailto:first.comunion@sacredhc.ca)  
**Fundraising Committee:** Nettie Hendricks | [fundraising@sacredhc.ca](mailto:fundraising@sacredhc.ca)  
**Gym Setup:** Todd Gonet | [gym.setup@sacredhc.ca](mailto:gym.setup@sacredhc.ca)  
**Knights of Columbus:** Grand Knight Derek Donais | [knight@sacredhc.ca](mailto:knight@sacredhc.ca)  
**Lectors:** Robin Fulton/Pamela Glover/Sarah Goodfellow | [lectors@sacredhc.ca](mailto:lectors@sacredhc.ca)  
**Parish Council:** Tomas Rochford/Brent Wiley | [parish.council@sacredhc.ca](mailto:parish.council@sacredhc.ca)  
**Pastoral Care:** Diane Van Bavel | [pastoral.care@sacredhc.ca](mailto:pastoral.care@sacredhc.ca)  
**Pledge Campaign:** Paul O'Leary | [pledge.campaign@sacredhc.ca](mailto:pledge.campaign@sacredhc.ca)  
**Prayer Chain:** Laurie Stephens | [prayerchain@sacredhc.ca](mailto:prayerchain@sacredhc.ca)  
**RCIA:** Deacon Paul Coderre | [deacon.paul@sacredhc.ca](mailto:deacon.paul@sacredhc.ca)  
**Sacristans:** Lynn Dumont | [liturgy@sacredhc.ca](mailto:liturgy@sacredhc.ca)

### Christmas Vigil Prayer

God of endless ages,  
Father of all goodness,  
we keep vigil for the  
dawn of salvation and the  
birth of your Son.  
With gratitude  
we recall His humanity,  
the life He shared  
with the sons of men.  
May the power of  
His divinity help us  
answer His call to  
forgiveness and life.  
We ask this through  
Christ our Lord.

Amen.