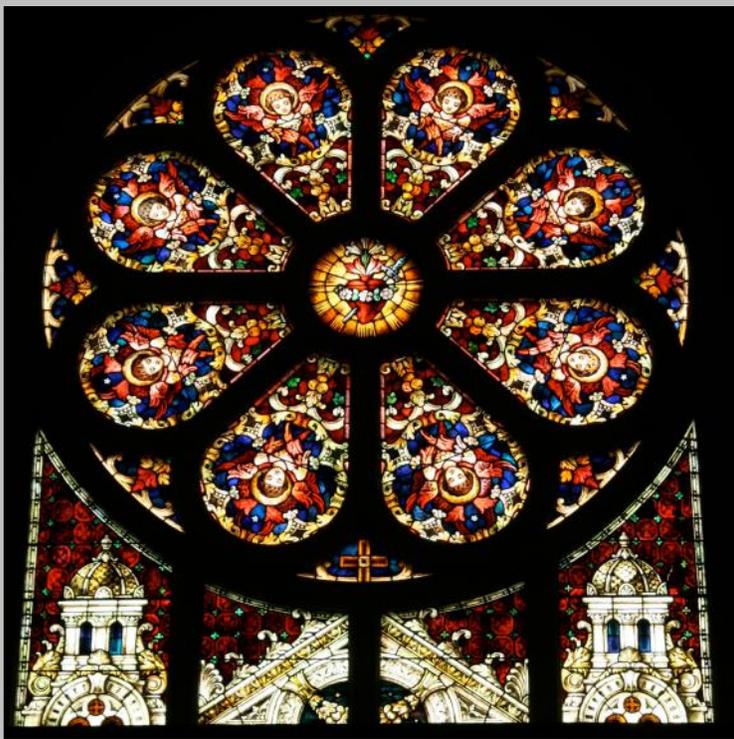




St. Joseph the Worker

Beautiful Liturgy - Reconciliation – Healing

First Sunday of Advent - DECEMBER 2, 2018



1640 Addison Street, Berkeley, CA 94703
Phone (510) 843-2244 Fax (510) 843-2730
Email: info@stjosephtheworkerchurch.org
www.StJosephTheWorkerChurch.org

STAFF

Rev. Kenneth Nobrega

Deacon José Manuel Pérez, Permanent Deacon

Gloria Maldonado,
Parish Secretary, Safe Environment Coordinator

Elizabeth Oishi Comly, Parish Events Coordinator

MINISTRIES

Baptism/Bautismos

Deacon José Manuel Pérez
Platicas: Los domingos.
Para otro día llamar a la oficina.

Lectors/Lectores

Chris Notti (English)
Erika Guerrero (Español)

Extraordinary Ministers of Holy Communion

Tita Brodt (English)
Ruben Araujo (Español)

PARISH OFFICE HOURS

Monday thru Friday 9:00 am—5:00 pm
(Closed 12 Noon—1:00 pm for lunch)

MONDAY-SATURDAY

Mass: 9:00 am

SUNDAY

Mass: 8:00 am

Confessions: 9:45 am

Mass: 10:00 am

Mass: (Spanish) 11:30 am

WEDNESDAY EVENING

Adoration of the Blessed Sacrament:

6:00 pm—7:00 pm

Confessions: 6:00 pm—6:45 pm

+ +

St. Joseph the Worker

Beautiful Liturgy - Reconciliation - Healing

THIS WEEK AT ST. JOSEPH THE WORKER

On Wednesday Evenings

Holy Hour, Confessions and Rosary Prayer Group

Every Wednesday evening we have Adoration of the Blessed Sacrament from **6:00 – 7:00 pm** with Confessions available from **6:00 – 6:45 pm**.

The Rosary & Devotion Prayer Group meets at **7:00 pm**, following the Holy Hour.

All are welcome.

Sant' Egidio Community

The Community of Sant' Egidio meets **every**

Thursday at 7:00pm for prayer in our church chapel.

All are invited to join for prayer and for some Christian fellowship.

Solemnity of the Immaculate Conception of the Blessed Virgin Mary

(Holy Day of Obligation)

Mass offered Saturday,

December 8th

10:00 am



PRAYER TO THE IMMACULATE CONCEPTION

O God, who by the Immaculate Conception of the Blessed Virgin Mary, did prepare a worthy dwelling place for your Son, we beseech you that, as by the foreseen death of this, Your Son, You did preserve Her from all stain, so too You would permit us, purified through Her intercession, to come unto You. Through the same Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, world without end. Amen.

SUNDAY MASSES - December 2, 2018

8:00 am – Fr. John Gribowich

10:00 am – Fr. Kenneth Nobrega

11:30 am (Spanish) – Fr. Alex Castillo

MASS INTENTIONS

Sunday

8:00 am

10:00 am

11:30 am

December 2nd

Victoria Maldonado

Steven Judith +

Familia Perez Juaregi

Monday

9:00 am

December 3rd

Cruz Medina

Tuesday

9:00 am

December 4th

Sara Orozco

Wednesday

9:00 am

December 5th

Chayo Alvarez

Thursday

9:00 am

December 6th

Maria & Joe Pasillas

Friday

9:00 am

December 7th

Paul Haugen +

Saturday

9:00 am

December 8th

Nabor & Natividad Andrade

Would you like to have a Mass offered in honor or memory of someone?



It is easy, stop by our parish office or email Gloria Maldonado, our parish secretary at: gloria@stjosephtheworkerchurch.org

If you have a particular date in mind, let us know and we will try and accommodate you. The suggested donation is \$10.00.

Dear Visitors and Guests:



If you have been blessed by your visit to St. Joseph, please consider blessing our parish with a gift.

Through generous donations by faithful people like yourself, we intend on restoring this historic church back to its former glory, little by little.

You can make a safe, fast and easy one (1) time donation or a recurring donation with the ease of your smart phone through PUSHPAY. Follow these steps below:

Step 1) Enter the number: 77977

Step 2) Enter the letters "SJW" in the message section.

A Daily Prayer to stay Focused on the Reason for the Season

- Philip Kosloski



Sometimes a simple prayer is all we need to remind us of what we are celebrating.

Christmas is getting closer and festive decorations are already surrounding us, preparing us for a season of little elves, reindeer, and fluffy snowmen. In the midst of all the exterior preparations and the looming need to go Christmas shopping, it is easy to forget the “reason for the season.”

One simple way to stay focused is by saying a brief prayer at the start of each day. Here is one prayer, called the “St. Jude Prayer,” that is very powerful and can return our thoughts (and our hearts) to what celebrating Christmas is truly about.

Lord Jesus, your power is infinite, your glory, everlasting. Quietly you come, as a tiny baby. Ready my heart for the miracle of your birth. Bring light to this dark world, waiting silently for your warmth in the coldness of the night. Waiting is itself your gift, animating my heart with anticipation.

Bless me with needed patience and faithful discipline to prayerfully prepare to welcome and greet you. St. Jude, eternal hope, let your holiness flow into me.

May Christmas joy and burning love take root in me and grow until they bloom on Christmas Day, to carry joy to the world and inspire hope to renew the face of the earth.

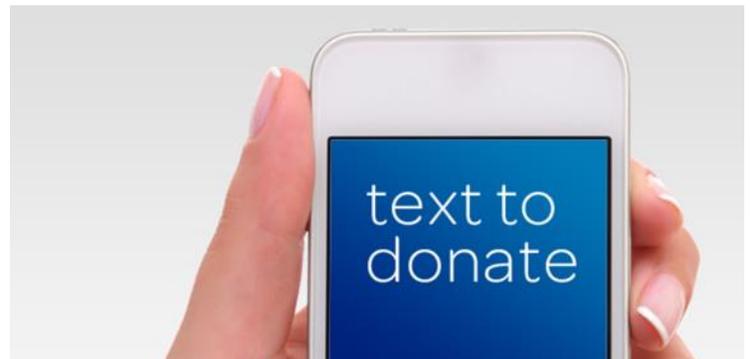
How Much Should I give?

Many people **recommend** that Catholics consider working toward biblical tithing: 10% of your gross income. Fr. Kenneth Nobrega supports and recommends the venerable practice of tithing 5% to the parish church and 5% to worthy charities.

Household Income	3%			5%			10%		
	Annual	Monthly	Weekly	Annual	Monthly	Weekly	Annual	Monthly	Weekly
\$20,000	600	50	12	1,000	83	19	2,000	167	38
\$30,000	900	75	17	1,500	125	29	3,000	250	58
\$40,000	1,200	100	23	2,000	167	38	4,000	333	77
\$50,000	1,500	125	29	2,500	208	48	5,000	417	96
\$60,000	1,800	150	35	3,000	250	58	6,000	500	115
\$70,000	2,100	175	40	3,500	292	67	7,000	583	135
\$80,000	2,400	200	46	4,000	333	77	8,000	667	154
\$90,000	2,700	225	52	4,500	375	87	9,000	750	173
\$100,000	3,000	250	58	5,000	417	96	10,000	833	192
\$120,000	3,600	300	69	6,000	500	115	12,000	1,000	231
\$150,000	4,500	375	87	7,500	625	144	15,000	1,250	288
\$200,000	6,000	500	115	10,000	833	192	20,000	1,667	385

Please Contribute as much as possible to the material needs of St. Joseph the Worker so that we can continue to keep our doors open and be a refuge for those seeking spiritual help and healing. Your help is needed and important - Together we can restore our beautiful church to its original glory.

Donate to St. Joseph the Worker
TEXT: 77977



Safe, Fast, Easy. Thank you!

Advent: A Time of Preparation and Penance

- Dr. Jared Staudt



The Church celebrates Advent as a time of preparation for the birth of Christ. It is not as old as Lent, the great fast to prepare for Easter and the initiation of new converts at the vigil, but arose at least by the fifth century. The logic of Advent and Lent is that major events take preparation and in this case we are preparing our souls to receive the grace of the great feasts of the Church.

Already in a few days, I've heard it a few times: Advent is not like Lent; it is not a time of penance. In fact, Advent arose as a mini-Lent – a time of preparation that included fasting and penance. Every major feast traditionally had a period of time, or at least a day, of abstinence and penance to prepare for it. If we hold that Advent is not a time of penance we close our eyes to the past.

Unlike Lent, the Church does not require us to do penance in Advent. Nonetheless, the original purpose of Advent was to increase penance and prayer to prepare for Christmas. Ven. Prosper Guéranger explains the history of Advent in detail in his great work, *The Liturgical Year*:

The name *Advent* [from the Latin word *Adventus*, which signifies a *coming*] is applied, in the Latin Church, to that period of the year, during which the Church requires the faithful to prepare for the celebration of the feast of Christmas, the anniversary of the birth of Jesus Christ. The mystery of that great day had every right to the honour of being prepared for by prayer and works of penance. . . . We must look upon Advent in two different lights: first, as a time of preparation, properly so called, for the birth of our Saviour, by works of penance; and secondly, as a series of ecclesiastical Offices drawn up for the same purpose.

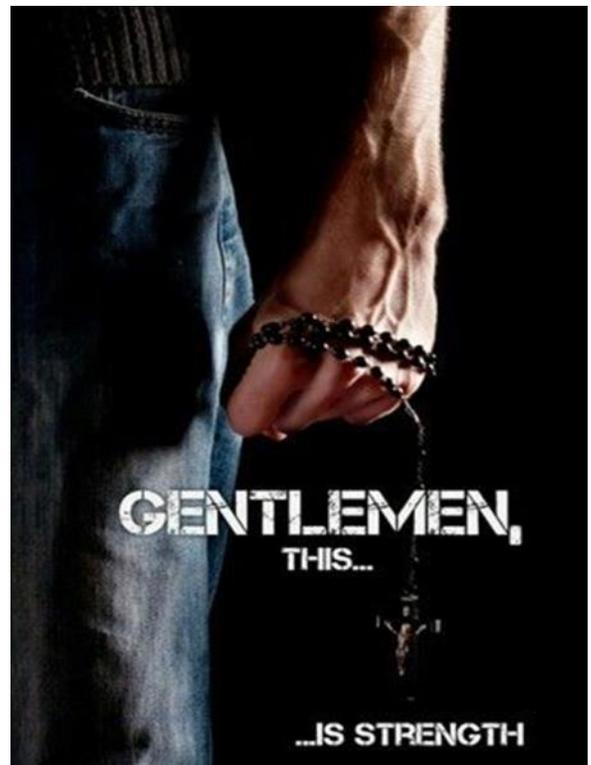
Advent is a time of extra prayer and penance for the faithful, as well as a liturgical season which guides us in our preparation.

Eastern Catholic Rites, and the Orthodox Church, have maintained officially the penitential character of Advent, calling it the Nativity Fast. It is also called the St. Martin Fast, as it runs for 40 days from November 15, the feast of St. Martin of Tours.

The penitential character of Advent is a historical fact, but throughout the history of the Western Church there has been no consistent practice on its length (forty days, five weeks for Gregory the Great, or our current four weeks) and amount of fasting. Some held to a fast every day, while others only two or three days a week. Eventually, fasting fell off as a standard practice in the West.

What can we learn from our Eastern brethren who still keep the Nativity Fast? The commercialization of the Christmas season tempts us to celebrate throughout Advent. Simply withholding the partying until the Christmas season would be a great penance in itself! If we took the preparation of Advent more seriously, it would radically transform our experience of Christmas and would be a great opportunity for spiritual renewal.

If we say “no” to our desires a little more and take some extra time for prayer, we can recapture the original purpose of Advent: to take a step back and withdraw from our attachments so that we can receive the gift that the Lord wants to give us at His Nativity.





A prayer to our Lady for the Holy Souls in Purgatory

Holy Mary, Mother of Mercy, I offer you, most Holy Mother, the souls suffering in purgatory, in particular I pray for: _____ name(s) _____ and for those poor souls for whom no one particularly prays for. I beg you to be so kind as to look upon them with your merciful eyes and ask for their release from their torments. Through your hands, O Holy Virgin, I offer to the Lord this act of love, asking His mercy for the souls that are being purged. Amen.

Your votive candle is a silent but visible sign of prayer and devotion. May God bless.

God's Covenant with Noah



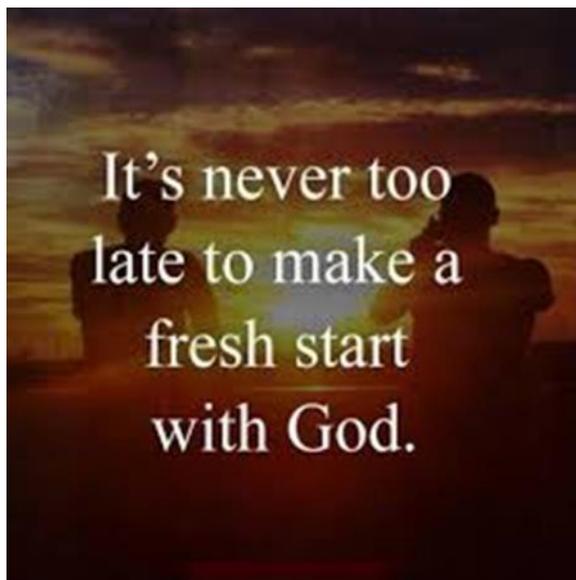
Genesis 9: 1-17



Need A New Baptism, First Communion, Confirmation or Marriage Certificate?

Sacramental certificates from St. Joseph the Worker can be obtained from our parish office usually within one or two business days. We kindly ask for a \$25 donation for each requested certificate which will go towards the support of St. Joseph the Worker Church.

Please contact Gloria Maldonado our parish secretary at (510) 843-2244 or email gloria@stjosephtheworkerchurch.org



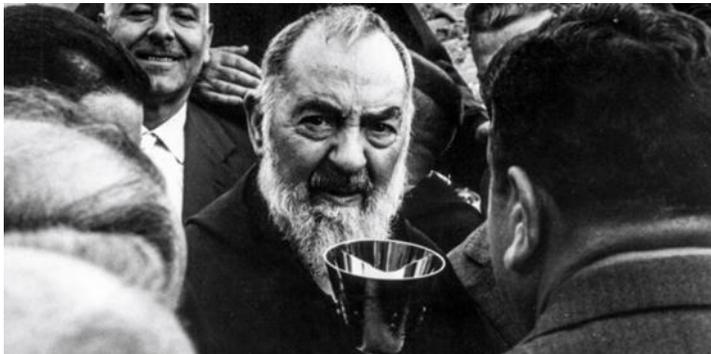
Parish Office Hours

Gloria Maldonado, our office secretary is ready to welcome and assist our parishioners and visitors. St. Joseph the Worker Parish Office Hours are from **Monday thru Friday 9:00 am to 5:00 pm** (closed noon to 1:00 pm for lunch).

True repentance doesn't mean tormenting yourself;

Padre Pio has a better idea.

- Anna O'neil



We should despise our shortcomings, but if we're getting anxious about it, we need a different route.

I love coming out of confession. I even love going into confession, but examining my conscience ahead of time is so hard that I find myself making excuses to skip the sacrament. I tend to be scrupulous, and calling up memories of the sins I've recently committed opens the floodgates of a torrent of guilt and self-reproach. It's overwhelming.

"How could I have let that happen? How could I have said that? What was I thinking?" They say the Devil is the great Accuser, but I regularly beat him at his own game. Partly, it's because I really do feel remorse. I so badly want to do better — and my theory is that if I only berate myself enough, I can scare myself into not choosing that same sin, next time I have the choice.

I think a lot of us, scrupulous or not, are tempted to think that the depth of our repentance is evidenced by how horrible we feel about committing the sin. After all, that's what guilt is for: to tell us when we've done something wrong. We should feel bad — actually, even the most sensitive among us probably don't have a clear idea of how tragic sin really is. We don't have God's perspective.

In reality, though, all that self-imposed fear and self-directed rage are doing is keeping us away from God and his mercy, so all in all, not a great strategy.

Padre Pio, that great confessor, actually says that all that anxiety isn't necessary, or even desirable:

Try your best, without excessive anxiety, to do with perfection what you ought and what you would like to do. Once you have done something, however, do not think about it anymore. Instead, think only about what you still must do, or would like to do, or are doing right then.

Walk in the ways of the Lord with simplicity, and do not torment yourselves. You should despise your shortcomings but with calm rather than with anxiety and restlessness. For that reason, be patient about them and learn to benefit from them in holy self-abasement. I got a few takeaways from this brilliant quote, and it's helped me examine my conscience more often, and more thoroughly.

True repentance doesn't have to be drawn-out. It can be simple. It can be calm. It's still real.

You don't need to repent more than once. God isn't stingy with forgiveness. He wants to forgive us more than we want to be forgiven. So repent once, and then focus on your present duty, instead of wasting time regretting something that's impossible to change. God's forgiveness is the only thing that can touch the past, and it already has.

"Love the sinner, hate the sin" applies to ourselves, too. Despising our shortcomings doesn't mean we have to despise ourselves. God doesn't.

This is the biggest one, though: **Seeing our own shortcomings and being patient with them is actually a lot harder than taking the self-torment route.** I noticed personally that I feel most anxious about my sins when I'm surprised by them, when I've let myself start thinking that I've been pretty decent and holy lately. But I shouldn't be surprised at my own sinfulness. That's where Padre Pio's thing about holy self-abasement comes in. Accepting that I'm weak and I do sin — while still trying to do better — takes patience and humility, and encourages me to go *to* my merciful God, rather than trying fruitlessly to avoid him. And that, more than anything, is what God wants from us.



PSALM 121

A song of ascents.

**I raise my eyes toward the mountains.
From whence shall come my help?
My help comes from the LORD,
the maker of heaven and earth.
He will not allow your foot to slip;
or your guardian to sleep.
Behold, the guardian of Israel
never slumbers nor sleeps.
The LORD is your guardian;
the LORD is your shade
at your right hand.
By day the sun will not strike you,
nor the moon by night.
The LORD will guard you from all evil;
he will guard your soul.
The LORD will guard your coming and
going
both now and forever.**

Quit Porn for Good
Science-Based Support for Lasting Change
[Sign Up](#)

joinfortify.com

Why Light a Votive Candle?



A Votive Light is a "silent sentinel" and can burn for your special intentions or for someone who is in need of prayers. This is a thoughtful expression of your sentiments and best wishes for any occasion. Your Votive Light can be an act of faith and charity - the light is a symbol of the sacrifice you have made in behalf of someone else - and it is a silent reminder of your prayers for them.

Unlike a regular purchase, a votive candle donation is an "offering" made to God through the intercession of the Saints which also helps support our St. Joseph the Worker Church's mission of beautiful liturgies, reconciliation and healing.

Your prayerful votive offerings are "lighting up" our church with beauty and prayer. Thank you, and may God bless you.

Prayers to St. Monica for Wayward Children

- Nick Rabiipour



St. Monica is the patron saint of wives, difficult marriages, widows, mothers, disappointing or wayward children, and victims of adultery and abuse. Most of what is known about this devout and patient saint is from her much-loved son, St. Augustine of Hippo. In his book *Confessions*, he relays much detail of Monica's life.

Monica was married to a pagan man of violent temper and her son, Augustine was practicing the heretical Manichaeism sect along with leading a very immoral life. This caused Monica great anguish and pain.

Through her great patience and constant prayers along with her examples of kindness, Monica was blessed with the conversion to Christianity of both her husband and son.

In today's world of instant gratification, Monica is a sterling example of patience and intercessory prayer. Her many years of prayer and her unflinching trust in God's will were richly rewarded.

Below are prayers to this great saint, asking her assistance in obtaining the grace of conversion for wayward children.



PRAYERS TO ST. MONICA

Exemplary Mother of the Great Augustine, you perseveringly pursued your wayward son, not with wild threats but with prayerful cries to heaven. Intercede for all mothers in our day so that they may learn to draw their children to God. Teach them how to remain close to their children, even the prodigal sons and daughters who have sadly gone astray. Amen.

Dear St. Monica, troubled wife and mother, Many sorrows pierced your heart during your lifetime. Yet you never despaired or lost faith. With confidence, persistence and profound faith, you prayed daily for the conversion of your beloved husband, Patricius, and your beloved son, Augustine. Grant me that same fortitude, patience and trust in the Lord.

Intercede for me, dear St. Monica, for *(mention your petition here)* and grant me the grace to accept his will in all things, through Jesus Christ, our Lord, in the unity of the Holy Spirit, one God forever and ever. Amen.

Blessed Monica, mother of St. Augustine, we give thanks to our Father in Heaven Who looked with mercy upon your tears over your wayward son. His conversion and heroic sanctification were the fruit of your prayers.

Dear St. Monica, we now ask you to pray with us for all those sons and daughters that have wandered away from God, and to add your prayers to those of all mothers who are worried over their children. Pray also for us that, following your example, we may, in the company of our children, one day enjoy the eternal vision of our Father in Heaven. Amen.