

Neighbor to Neighbor Food Drive

Food donations for the Colchester Food Bank may be left at Holy Family. Items in need: cans of pasta, tuna, stew, chili, pasta sauce, fruit; jelly, graham crackers, spaghetti, peanut butter; boxes of mashed potatoes, stuffing; soap, toilet paper, personal care items. Thank you for your donations especially during these cold winter months.

Marriage Moments by Susan Vogt

Couples sometimes relate by making little jokes with a tiny barb in them: "Oh, never marry a youngest child!" and the retaliation, "Never marry a Jones." Humor is great but beware of the temptation to be funny at the expense of your beloved. It can slowly erode your affection for each other. Talk about how you kid each other. Make sure your "jokes" don't have barbs in them.

Pentecost Peace

The Sisters of St. Joseph of Albany invite you to participate in their 2014 Annual Peace Retreat, *Our Call to Live the Acts of the Apostles Today* with Sr. Simone Campbell, SSS. The Retreat begins 7 pm Friday, January 17, and ends 4 pm Saturday, the 18th. Cost: \$55, overnight: \$100. For information, contact Sr. Joanne St. Hilaire, CSJ 518.389.2666 (jsthilaire@csjalbany.org).

No Adoration

There is no Adoration at St. Peter and St. John during Christmas and New Year's weeks. They will resume the week of January 5.

Adoration Opening at St. John

There will be a 5 pm Wednesday Adoration slot opening up in January. If you have an hour each week to spend in the quiet and rest of our Lord, please call Dorothy at 829.5912.

Walton Food Bank

spaghetti & sauces	tuna
egg noodles	soups (vegetable,
saltines	chicken noodle, etc.)
canned fruit (peaches	macaroni 'n cheese
are a favorite	pasta
peanut butter	cold & hot cereal
canned vegetables	spaghettio-type foods
(corn, peas, gr. beans)	Ramen noodle soups
Jello/puddings	rice
Knorr rices & noodles	cake & cookie mixes

Fourth Sunday of Advent Contemplation

"It is God who establishes us with you in Christ and has anointed us, by putting His seal on us and giving us His Spirit in our hearts as a first installment."

2 Corinthians 1:21-22

In Jesus Christ, God has entered into our lives in the most intimate ways so that we could enter into His life through the Spirit.

In Jesus, God became one of us to lead us through Jesus into the intimacy of His divine life. Jesus came to us to become as we are and left us to allow us to become as He is. By giving us His Spirit, His breath, He became closer to us than we are to ourselves. It is through this breath of God that we can call God "Abba" (Father) and can become part of the mysterious divine relationship between Father and Son. Praying in the Spirit of Jesus Christ, therefore, means participating in the intimate life of God Himself.

There is probably no image that expresses so well the intimacy with God in prayer as the image of God's breath. The Spirit has taken away our narrowness and made everything new for us. We receive a new breath, a new freedom, a new life. This new life is the divine life of God Himself. Prayer, therefore, is God's breathing in us, by which we become part of the intimacy of God's inner life, and by which we are born anew.

~ Henri J.M. Nouwen

Jesus, filled with your Spirit, lead me more fully into a stronger, meaningful prayer life so that . . .

Spring Break Volunteer Opportunity

Sister Betsy Van Deusen, CSJ with Catholic Charities has opportunities to assist in a Spring cleanup in Fulton, Montgomery, & Herkimer Counties from last summer's flooding. If you or a group of friends would like to help in the cleanup efforts in these counties during Spring break, please contact Sr. Betsy, 518.453.6650 or at betsy.vandeusen@rcda.org.

Forgot the Christmas Mass Schedule?

Find them on our website at www.catholicwalton.com, www.catholicdownsville.com, or www.catholicdelhi.com.