

# Sacrament of the Eucharist

## St Michael

### Weekday Masses

St Michael:	First Sat	6:30am
	Wed, Fri	6:30pm
St Cecilia's	Tues, Thurs	6:00pm
St Michael Chaplet & Novena on Wed		5:30pm

### Weekend Masses

St Michael	Sat	6:30pm
	Sun	7:30am
St Cecilia's	Sat	5:00pm
	Sun	5:00pm
St Theresa	Sun	9:30am
Spanish Mass (St Cecilia) (once per month)	11:00am	
OLMC (Lluengo) <b>First Sun</b>	9:30am	
Eucharistic Service <b>Third Sun</b> (Lluengo)	9:30am	

**Confession** St Cecilia Sat 4:30pm

Or by appointment

**Intercessory Prayer** St Michael's on Fri 9am-12pm

### Eucharistic Adoration

St Cecilia	Tues	6:30am- 6:00pm
St Theresa	Wed	12pm - 6:00pm
St Michael	Thur	6:30am - 6:30pm

**Benediction:** Every First Friday 7:00pm - 9:00pm

**Stations of the Cross** at St Michael Fri at 6pm

## St Joseph

### Weekday Masses

St Joseph	Mon - Fri	6:00am
	First Sat	7:00am
St Jude	Thur	6:00pm

### Weekend Masses

St Joseph	Sat	6:30pm
	Sun	6:00am
	Sun	8:30am
St Jude	Sat	5:00pm

## Classifieds

Have anything to sell or want to buy?

Come advertise with us!!!!!!

It cost 50 cents per word to advertise here per week.

## Notices

**The next Baptism** will be held on Sunday 21st January 2018. Registration is on Thursday 28th December 2017.

### Mass times for Christmas:

24<sup>th</sup> Dec. St. Cecilia's at 6pm  
 24<sup>th</sup> Dec. St. Michael's at 9pm  
 25<sup>th</sup> Dec. St. Theresa's at 8am

**The Installation of the New Archbishop** will be held on Wednesday 27th December at the Cathedral of the Immaculate Conception at 5pm, all are welcome.



# St Michael's Messenger



Sunday 17th December 2017

Third Sunday of Advent

Inside this issue:

### Page 2

Know Your Faith  
 Meditation on Sunday  
 Scriptures

### Page 3

Pray with the Scriptures  
 Happy Birthday  
 Kids Corner  
 Sick Corner

### Page 4

Mass Schedule  
 Notices  
 Classifieds



## Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Cluster of St Joseph / St Michael

Entrusted to the Pastoral care of the Carmelite Friars

Serving the communities of St Joseph, St Jude,

St Michael,

St Cecilia, St Theresa

Our Lady of Mt Carmel

Fr. Gerard Tang Choon O.Carm

Fr. Hasely King O.Carm

Fr. Brent Alexis O.Carm

### Pastoral Associates:

Deacon Sheldon Narine / Deacon Jeffery Supersad

### St Joseph

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StJosephRCChurch/

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Secretary: Ms. Patricia O'Neil

### St Michael

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StMichaelRcChurchMaracas/

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Mrs Jean Narine (St Theresa)

Lay Ministers: Mr. Anthony Rawlins, Mrs. Roseann Gafoor, Mrs. Andrea Grimes

Mr. Gary De Freitas, Mr. Stuart Spiers, Mrs. Wendy Morales, Mr. Allan Joseph,

Mrs. Donna Boyne-Joseph, Mrs Cindy Narine.

Finance Chairman: Mr. Clem Jubrajsingh

Parish Council Chairman: Mr. Karl Theodore

### Parish Office Hours

St Michael's

Mon - Fri 8am - 2pm

St Joseph

Mon - Fri 8am - 1pm,

2pm - 4pm

### Priest Office Hours

St Michael

Wed 3:30pm - 5pm

St Joseph

Tues 5pm - 6pm

Thurs 4pm - 5pm

Please call to make  
 Appointment with Priest.

# Know Your Faith

## ADVENT

We have now reached the 3<sup>rd</sup> Sunday of Advent and that means that there is just one more week before Christmas. Many of us must be busy shopping, cleaning, painting, polishing and getting rid of stuff we no longer need. Perhaps we are attending many Christmas dinners, shows and socializing but have we been attending to our spiritual preparation for the coming of Our Lord Jesus into our hearts, into families into our homes? If we have, then let us continue on the journey but if we are failing with our spiritual preparation it is not too late to start.



Here are some suggestions that you can incorporate into your daily lives to prepare for Our Lord and Saviour.

- Spend 5 minutes each day in quiet time with the Lord. Just focus on Him.
- Read some scripture and meditations. These can be located online.
- Say the family Rosary. (This can be done in the car while driving if you spend lots of time on the road.)
- Make a little Advent Wreath (if you haven't done so already) and have the family pray and sing together.
- Visit a family member or friend who is lonely or in need and spend some time with them.
- Go to the Sacrament of Reconciliation.
- Have a family meal together at least once a week without the television, phones or tablets.
- Attend a Christmas novena or say it on your own. It begins on December 16<sup>th</sup> at St Michael's at 5:30am. If not you can download it and say it on your own or as a family.

Please remember that next week we have to attend Mass twice for the weekend. We have to celebrate the 4<sup>th</sup> Sunday of Advent on Saturday evening or Sunday morning and then Christmas Mass on Sunday evening or Monday morning.

## Pray with the Scriptures

<b>Sun 17th Dec.</b>	<b>Isaiah 61: 1-2, 10-11</b> <b>1 Thes. 5: 16-24</b>	<b>Luke 1: 46-50, 53-54</b> <b>John 1: 6-8, 19-28</b>
<b>Mon 18th Dec.</b>	<b>Jeremiah 23: 5-8</b> <b>Matthew 1: 18-25</b>	<b>Ps 72: 1-2, 12-13, 18-19</b>
<b>Tue 19th Dec.</b>	<b>Judges 13: 2-7, 24-25</b> <b>Luke 1: 5-25</b>	<b>Ps 71: 3=6, 16-17</b>
<b>Wed 20th Dec.</b>	<b>Isaiah 7: 10-14</b> <b>Luke 1: 26-38</b>	<b>Ps 24: 1-6</b>
<b>Thur 21st Dec.</b>	<b>Song of Songs 2: 8-14</b> <b>Ps 33: 2-3, 11-12, 20-21</b>	<b>Luke 1: 39-45</b>
<b>Fri 22nd Dec.</b>	<b>1 Samuel 1:24-28</b> <b>Luke 1: 46-56</b>	<b>1 Samuel 2: 1, 4-8</b>
<b>Sat 23rd Dec</b>	<b>Malachi 3:1-4, 23-24</b> <b>Luke 1:57-66</b>	<b>Ps 25:4-5, 8-10,14</b>



## December 2017

- 9th—Kathleen Ramdial-James
- 10th—Rita Taung-Aki
- 15th—Cleo Nelson
- 20th—Fernando Lopez
- 21st—Christian Lopez
- 31st—Dana Best

## Meditation on Sunday Scriptures

### I'VE BEEN HAD

"THE SPIRIT OF THE LORD GOD IS UPON ME, BECAUSE THE LORD HAS ANOINTED ME." – ISAIAH 61:1

To meet Christ this Christmas, we need the Holy Spirit to guide us (see Jn 16:13). Most of us have the Holy Spirit because we have been baptized and confirmed. However, the central question is: "Does the Holy Spirit have us?"

- Do we relate to the Holy Spirit as a Person? (see *Catechism*, 686)
- Does the Holy Spirit possess our lives to direct us as He wills?
- With Mary, have we said to the Holy Spirit: "Let it be done to me according to Your word"? (see Lk 1:38)
- Are we quenching the Spirit (1 Thes 5:19) – or are we baptized in, that is, immersed in the Holy Spirit? (Mk 1:8)
- Are we preoccupied with the Holy Spirit?
- Do we walk, talk, work, pray, eat, buy, love, think, and sleep in the Holy Spirit? (see Gal 5:25)
- Have we offered our bodies to be the temples of the Spirit? (1 Cor 6:19)
- Do we have the life in the Spirit or merely occasional moments in the Spirit?

The only true Christmas Spirit is the Holy Spirit. Are you in the Christmas Spirit? "Come, Holy Spirit!"

## Kids Corner

### The Sick Corner



Patrice Ali  
Gerald Bennett  
Gertrude Noreiga  
Matilda Noreiga  
Annie Clarke  
Derek Solomon

Lynn Harewood  
Camilla Morris  
Dianne Dennis  
Michail Ramsumair  
Monica Barnes

If you know any sick that wish to be visited, please contact the parish office and submit the information

