

# The Bible Corner

## Cindy Cottone



*I am the light of the world; anyone who follows Me will not be walking in the dark; he will have the light of life.*

*John 8:12*

Nearly 2,000 years ago, three kings left their own lands and set out on a trip through lands that were strange to them. It was a dangerous trip, but they were willing to risk everything, even their own lives, to follow the great light from a star. This star was the Star of Bethlehem and was a sign to these kings that a great promise was about to come true. For God had promised long ago to send His only Son, Jesus Christ, to be a Savior for all mankind.

The three kings wanted to visit the greatest king that had ever lived. They finally did reach the humble stable where Jesus was born and gave their gifts to the light of the world.

Advent means the coming of an important event. It is the joyous time of year in which we wait to celebrate the birth of Jesus. It is not so much a waiting time as it is a time for us to prepare for our own trip with our gifts

for Jesus. It is a time for us to prepare our hearts and our minds to receive our Savior and King. During Advent, we must look at our lives to see if there is any reason why Jesus would not want to come and live there. There are many ways we can get ourselves ready and progress on our trip toward Jesus during the four weeks of Advent. What gifts can we give to Jesus at the end of our trip? Some suggestions are listed below:

**1. Make an Advent calendar** — Make a calendar of the month of December. Advent began on Sunday, December 1. Plan a special activity for every day of Advent. These activities can be things like: writing a letter to relatives or friends that you won't see this holiday season, letting them know that you are thinking of them.

Offer to help someone elderly in your neighborhood with an odd job.

Do something special for your mother or father.

Be nice to someone at school who needs a friend.

Make special Christmas cards for

family members and friends.

Let your brother or sister use one of your special toys.

Spend a few minutes in prayer each day thanking Jesus for coming into the world. Write a thank-you prayer to Jesus for all the gifts He has given you.

At the end of Advent, on Christmas, your calendar can be a gift for Jesus.

**2. Make an Advent wreath** — This can be simply made by using an old coat hanger to form the circle. The circle is a symbol of God's love for us. It is eternal, without beginning or end.

You can use some real pine branches or artificial ones to attach to the circle. There should be four candles in your Advent wreath, so as you get closer and closer to Jesus, the light grows brighter.

The purple candles are lit first. This color represents sorrow for our sins, for the times we didn't follow Jesus. Advent is a time to think about someone we may have hurt and ask for forgiveness. It is also a time to forgive someone who may have hurt us. As our hearts are filled with love, we are making a home for Jesus to live in.

The pink candle is lit the last week of Advent. It stands for the joy of Jesus coming at Christmas.

**3. Gifts** — Jesus came to teach us about love. He said that whenever we try to do good things for others, it is like doing them for Him. Jesus' love reaches out to us through other people. Our gift to Jesus can be giving money to a

charity. It can be giving a toy, game or puzzle to people who collect these items for needy children. Gifts don't always have to cost money to be special. Is there someone who needs your help? The giving of our time to someone is another gift we can give to Jesus.

**4. Read special stories in the Bible about Jesus and the people who were closest to Him during His time on earth** — a) The coming of Jesus was foretold in the Old Testament many centuries before His birth — Isaiah 40:1-11.

b) John the Baptist was the cousin of Jesus. He preached to the people about how they should be sorry for their sins and lead lives that would please God. Then they would be ready to meet Jesus — Luke 3:1-18.

c) Mary was chosen by God to be the mother of Jesus. She was very frightened when the angel Gabriel appeared to her and told her of God's plan. Even though she was afraid, Mary said yes and was obedient to God — Luke 1:26-38.

d) Joseph was Mary's husband. An angel told Joseph about Jesus in a dream — Matthew 1:18-25.

e) God gave the world a gift of love: Jesus Christ, our Savior — John 3:16-18.

f) The three wise men followed the Star of Bethlehem to Jesus — Matthew 2:1-12.

g) The Nativity: Jesus is born: Luke 2:1-20.

### Share Christmas with Inmates

Mail and visitors are needed by organizers of the fourth Residents Encounter Christ weekend at Groveland Correctional Facility in Sonoma, N.Y. A precious commodity to inmates, mail is needed for use throughout the weekend, December 27-29. A short letter or Christmas card is deeply appreciated. Writers need not include their last names or return addresses.

On Saturday, Dec. 28, volunteers are needed for the "hootenanny." This is a part of the encounter during which people from outside the prison are invited in to share, sing and pray with the inmates.

For more information, call John Vallimont, (716)367-3154, or Jerry Carli, (716)381-6542.

### Teen Panel Discussion

An awareness program for young people 13 to 22-years old will be offered Tuesday, Dec. 10, 7:30 p.m., in the large meeting room at St. Pius Tenth School, 3000 Chili Avenue, Rochester.

The panel presentation, "Changing Lifestyle — Through the Eyes of Teens," deals with adjustments that children must make in response to various changes in lifestyle — especially those related to living in a single-parent home. The program is sponsored by the St. Pius Tenth Adult

Religious Education Committee and sponsored by the Diocesan Council for the Separated, Divorced, Bereaved and Remarried. The program is also presented in connection with Angela Gallo and the Office of Family Ministry.

To register, or for an additional information, call the religious education office at (716)247-5269.

### Choral Concert

The Nazareth College music department will sponsor a choral concert, "Music for Christmas and Other Occasions," Sunday, Dec. 8, at 3 p.m. and 4:30 p.m., in the Gerald G. Wilmot Hall of Music at the Nazareth Arts Center.

The concert and chamber choirs are directed by Charles T. Witmer. The concert choir will perform the music of Holst, Victoria and Bach, and the chamber choir will perform acapella renditions by Hassler, Billings and Scarlatti.

Admission is free, but due to limited seating tickets are being issued through the college's music department. For tickets or additional information, call the Nazareth music department at (716)586-2525, ext. 614.

### Friars Receive Support

In a recent letter signed by Father Flavio Carraro, O.F.M. Cap., general minister of the world-wide Capuchin-Franciscan order and by Father Jacques Belanger, O.F.M. Cap., president of the order's Justice and Peace Commission in Rome, the member of the New York-New England Capuchin Province of Saint Mary have been urged to support their suffering brothers in Lebanon.

The letter is an expression of support to the Lebanese Capuchins, allowing them to recognize the solidarity of their Franciscan family. It also suggests several concrete steps to be taken by the New York-New England Capuchins.

### Fast for World Harvest

Our Lady of Mercy High School students will give up eating Thursday, Nov. 21. They will join hundreds of thousands of people across the country in Oxfam America's 12th Fast for a World Harvest.

The money students save will be donated to self-development projects Oxfam sponsors in the poorest countries of Asia, Africa and Latin America.

### Rosary Society Meeting

The Rosary Society of Our Lady of Mercy Church, 36 Armstrong Road, Greece, will meet Monday, Dec. 2. A prayer service will be celebrated at 7:30 p.m., followed by a business meeting. All ladies of the parish are welcome.

Virginia Eckert will present a demonstration on making h'ors d'oeuvres and holiday

punch. Members are asked to bring wrapped personal items and unwrapped baby items for contribution to the Melita House.

'Entertainment 86 Dinner Club' books will be available at the meeting for \$20. They will also be available to all parish members by calling Ellie Bittner at 663-1097.

Refreshments will be served.

### Prayer Groups

McQuaid Jesuit High School sponsors several prayer groups that meet weekly. On Tuesdays at 7:30 p.m. and Thursdays at 1 p.m., participants gather for an hour to reflect on scripture and share their insights.

thoughts and experiences in a warm, relaxed atmosphere.

The groups meet in the school's conference room adjacent to Room 11 near the chapel. For more information, call (716)473-1130.

### THOUGHTS TO CONSIDER



**EDWIN SULEWSKI**  
FUNERAL DIRECTOR

#### Is grief stressful?

One of the most intense and prolonged producers of stress is grief that results from the loss of a loved one. The reaction is not just psychological; there are actually physical effects. Our body secretes more hormones to help it cope with stress. Over a period of time the increased strain of grief and the higher hormone level can predispose us to illnesses. Research indicates that the best way to manage stress is to discuss it, to express our feelings, go about reorganizing our life and to take good physical care of ourselves through good eating and sleeping habits, and reasonable exercise. Extra care of our mental and physical health during this period of stress can have long lasting benefits.

We purchase all forms of insurance to protect our family & assets, not because we expect the worst to happen, but to be prepared. Doesn't it make sense then to prepare for what will happen. Let our trained counselors assist you with the many options available in planning for a worry-free future.

Burial      Cremation      Entombment

### SCHAUMAN FUNERAL HOME

2100 St. Paul St.      342-3400

**CONGRATULATIONS GRADUATE      HAPPY BIRTHDAY      HAPPY ANNIVERSARY**

Let the Courier-Journal help you wish your family, friends and relatives a Happy Birthday or Anniversary, or extend congratulations for Graduation, a Job Promotion, or whatever occasion you may be celebrating.

Just send a photo (recent, or from days-gone-by), and a few special words you would like us to print for you (30 word limit). The cost is \$25.00

**Send all material to:  
The Courier-Journal  
114 S. Union St.  
Rochester, N.Y. 14607**

*The Courier-Journal will return all photos if accompanied with a self-addressed, stamped envelope, but cannot be responsible for photos damaged through the mail.*