

ADVENT 2022

San Damiano Chapel

NEWSLETTER

From the Heart of Viterbo December 2022

Fr. Conrad, OFM

ADVENT: HUSHED EXPECTATION!

Maybe we could try to live Advent the way it was originally intended: slow..quiet..prayerful..and even penitential. I think the song “Joy to the World” is trying to tell us something: the world is called to receive her King. Well, maybe in order to receive Him, our hearts have to “prepare Him room”.

St Francis did just that. We Franciscans are about to celebrate the 800th anniversary (1223) of when the “Poverello” (a famous title for the “joyful poor man”) decided to prepare room for the newborn King in his heart. Once, Francis was in the Italian town of Greccio. There he secured the help of the local townspeople to re-construct the first Christmas crib. When they gathered for Midnight Mass, a miracle happened: the Baby Jesus appeared in Francis’ arms. People were amazed!

Did it happen out of sentiment or wishful thinking? No. Francis was in the midst of his Advent fast begun after the feast of All Saints. He was praying, reflecting and taking Advent slow..he was preparing room to receive His King...and the King came.

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Chapel Schedule and Mass Opportunities:

Sunday Mass:

11am and 6pm
(San Damiano Chapel)
Sacrament of Reconciliation
available before masses.

Monday:

Daily Mass at 11am
(St. Rose Convent)

Table of Plenty at 5pm
Nov. 28, Dec. 5 & 12
(Campus Ministry)

Tuesday:

Daily Mass at 11
(St. Rose Convent)

Advent Taize Prayer at 7pm
(San Damiano Chapel)
Reconciliation available after.

Wednesday:

Daily Mass at 11
(St. Rose Convent)

Student Mass at 6pm
November 28, Dec. 7 & 14
(San Damiano Chapel)

Thursday:

Daily Mass at 11am
(St. Rose Convent)

Friday:

Daily Mass at 11am
(St. Rose Convent)

Contact Information:

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Reflecting on this miracle of Greccio, we at San Damiano have prepared some events and services that may help you balance all the exhaustion from the shopping, wrapping, baking and decorating. Feasts of Saint Nicholas, Our Lady of Guadalupe, Santa Lucia and parties will be numerous at Advent's beginning - but as we near Christmas, the Church almost gets more and more silent as if she were holding her breath for the miracle to take place right here. Maybe this would be the time for preparing simple and meatless meals, abstaining from the sweets until Christmas, logging off social media (that sounds daunting!), holding off on Christmas music, considering the beauty of the Taize prayer with Advent themes, coming for adoration and Advent Mass, or see if you can help our La Crosse homeless somehow and yes, even go to Confession (times listed below).

This year seems evermore chaotic, and all the holiday hype can make us feel frenzied. Maybe resist what the world offers. Instead, San Damiano offers you the choice to slow down, enter into the quiet and stillness of Advent - and truly prepare Him room.

Fr Conrad, O.F.M.

**Advent Sacrament of Reconciliation
or Confession**

**Before every Mass until 10 minutes before
Mass begins**

**All Through Adoration on Wednesday
evenings at 5-6 p.m.**

**After Taize Prayer Tuesdays,
7 p.m. At your request**

Please join us for an evening of Taize-style prayer, paired with the beautiful sounds of Tibetan singing bowls and **Viterbo's 9th Street Singers** choral ensemble.



Silent Night

AN ADVENT SINGING BOWLS EXPERIENCE

Saturday
6-7:30 p.m. **December 17, 2022**

This event takes place at San Damiano Chapel on the Viterbo University campus.

REGISTRATION APPRECIATED:

www.FSCenter.org • 608-791-5295



Franciscan
Spirituality Center

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In partnership with
Tom Roberts
and **Viterbo**
University
Campus Ministry





CAMPUS
MINISTRY

Solemnity of the Immaculate Conception of the Blessed Virgin Mary

Thursday, December 8
Masses at Noon and 5:15



 <h2 style="text-align: center;">ADVENT CALENDAR 2022</h2>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">November 27</p> <p>The First Sunday of Advent Begin your Advent journey by blessing your Advent wreath. Light the first violet candle and sing "O Come, O Come, Emmanuel."</p>	<p style="text-align: center;">28</p> <p>What can you do this Advent to prepare your heart and life for the coming of Christ?</p>	<p style="text-align: center;">29</p> <p>"The salvation offered in the Life, Death, and Resurrection of Christ is nothing less than sharing in the very life of God, in the communion of love among the Father, the Son, and the Holy Spirit. There is no greater gift that God could possibly give us." <i>(The Mystery of the Eucharist in the Life of the Church, no. 9.)</i></p>	<p style="text-align: center;">30</p> <p>Saint Andrew, Apostle, spent his life bringing people to Christ. Follow his example by inviting someone to come to Mass with you.</p>	<p style="text-align: center;">December 1</p> <p>Today is World AIDS Day. Pray for those who suffer from this disease, their caregivers, and their healthcare workers.</p>	<p style="text-align: center;">2</p> <p>"Wait for the LORD with courage; be stouthearted, and wait for the LORD." —Psalm 27:14</p>	<p style="text-align: center;">3</p> <p>Saint Francis Xavier is a patron saint of missionaries. Spend some time today reflecting on how you can support the Church's mission by living as a missionary disciple.</p>
<p style="text-align: center;">4</p> <p>The Second Sunday of Advent On this Second Sunday of Advent, light two violet candles on your Advent wreath and ask God for the strength to be like John the Baptist, preparing the way of the Lord.</p>	<p style="text-align: center;">5</p> <p>"The grace of God, the gift freely given, ... inspires us to give thanks and worship him, works our transformation into the likeness of Christ, helps us to seek pardon and to receive it when we fall into sin, and impels us to go forth and bear witness to Christ in the world." <i>(The Mystery of the Eucharist in the Life of the Church, no. 29)</i></p>	<p style="text-align: center;">6</p> <p>Today is the Memorial of Saint Nicholas. Saint Nicholas of Myra (in modern-day Turkey) was noted for his generosity to the poor. Consider how you can offer your time, treasure, or talent to assist those in need this holiday season.</p>	<p style="text-align: center;">7</p> <p>"They that hope in the LORD will renew their strength, they will soar as with eagles' wings; They will run and not grow weary, walk and not grow faint." —Isaiah 40:31</p>	<p style="text-align: center;">8</p> <p>Today is the Solemnity of the Immaculate Conception, patroness of the United States of America. It is a holy day of obligation. After attending Mass, pray a decade of the Rosary for peace and justice.</p>	<p style="text-align: center;">9</p> <p>Today is the Memorial of Saint Juan Diego. Ask for his intercession for migrants and those suffering from human trafficking.</p>	<p style="text-align: center;">10</p> <p>In the busyness and noise of holiday preparations, it is easy to lose sight of the true meaning of Christmas, the birth of Christ. Spend some quiet time today, alone or as a family, giving thanks for God's great gift of a Savior.</p>
<p style="text-align: center;">11</p> <p>The Third Sunday of Advent Today is the Third Sunday of Advent, Gaudete Sunday. At this halfway point in Advent, light two violet and the rose candles on your Advent wreath and Rejoice! For the Lord is near!</p>	<p style="text-align: center;">12</p> <p>Our Lady of Guadalupe appeared to Juan Diego wearing the traditional garb of a pregnant woman. On this her feast day, ask for her intercession for all unborn children and their parents.</p>	<p style="text-align: center;">13</p> <p>In gratitude for the gift of God's mercy, plan to receive the Sacrament of Penance before Christmas.</p>	<p style="text-align: center;">14</p> <p>"Having been sanctified by the gift of the Eucharist and filled with faith, hope, and charity, the faithful are called to respond to this gift. Indeed, it is only natural that we give thanks to the Lord for all that he has given to us." <i>The Mystery of the Eucharist in the Life of the Church, no. 30.</i></p>	<p style="text-align: center;">15</p> <p>According to custom, the Christmas tree is set up before Christmas and remains in place until the Solemnity of Epiphany. Share this blessing with your family and friends.</p>	<p style="text-align: center;">16</p> <p>Las Posadas, a reenactment of Mary and Joseph seeking shelter before the birth of Jesus, traditionally begins today. Pray for migrants seeking shelter around the world.</p>	<p style="text-align: center;">17</p> <p>Today marks the beginning of the "O Antiphons". This tradition, which comes from Evening Prayer, has been around since at least the eighth century.</p>
<p style="text-align: center;">18</p> <p>The Fourth Sunday of Advent On this Fourth Sunday of Advent, light all three violet and the rose candles on your Advent wreath and pray that the light of Christ will enter your heart so that you may share the warmth of God's love with those you meet.</p>	<p style="text-align: center;">19</p> <p>"The nativity scene is 'like a living Gospel' (<i>Apostolic Letter Admirabile Signum</i>, n. 1). It brings the Gospel to the places where people live: ... And in those places where we live, it reminds us of an essential thing: that God did not remain invisible in Heaven, but rather came to earth, became man, a child.</p>	<p style="text-align: center;">20</p> <p>We need to be conscious of the gift we have received, a gift that is none other than the Lord himself in his act of self-giving. We become conscious of this gift when we actively engage in every part of the liturgy. <i>The Mystery of the Eucharist in the Life of the Church, no. 31.</i></p>	<p style="text-align: center;">21</p> <p>"Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." —Luke 1:45</p>	<p style="text-align: center;">22</p> <p>Spend a family evening eating cookies and drinking hot chocolate while you read the Christmas cards you have received. Before bed, pray an Our Father and a Hail Mary for all your beloved family and friends.</p>	<p style="text-align: center;">23</p> <p>Reach out to those in your community who may be alone this Christmas and invite them to Mass and to share part of your celebration.</p>	<p style="text-align: center;">24</p> <p>[Prayer] in adoration before the Blessed Sacrament... helps all of us to be formed by the self-giving love we behold in the Lord's gift of himself in the Eucharist. —<i>The Mystery of the Eucharist in the Life of the Church, no. 33</i></p>
<p style="text-align: center;">25</p> <p>"And the Word became flesh and made his dwelling among us, and we saw his glory." —John 1:14</p>	<p style="text-align: center;">Copyright © 2022, United States Conference of Catholic Bishops, Washington, DC. All rights reserved. Quote from Pope Francis, copyright © 2022, Libreria Editrice Vaticana, Vatican City State. All rights reserved. Quotes from the <i>Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition</i> © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved.</p>					



*Join us in
celebrating the
Nativity of the
Lord*

MIDNIGHT MASS
PRELUDE AT 11:30 PM
MASS AT MIDNIGHT

CHRISTMAS DAY
PRELUDE AT 10:30 AM
MASS AT 11



RECIPE OF THE MONTH: SAINT JOHN'S WINE

**Advent is over; the Christmas
celebration begins.**

**The first three days after Christmas
have ancient liturgical tradition as
such. St Stephen, a martyr on December
26; St John, a virgin on December 27;
and the Holy Innocents, virgins and
martyrs, on December 28. A story
associated with Saint John is that he
was spared death by surviving poisoned
wine. Early Christians would remember
this and prayed over blessed wine each
year on his feast day. A sample prayer:**

**“Lord Jesus Christ, you are the vine and
the branches, bless this wine + and pour
the power of your blessing through the
intercession of your apostle John and
grant us all good health of body and
soul. Let us drink to the love of Saint
John! “**

(from Florence Berger's COOKING FOR CHRIST)

2 cups of red sweet wine

2 whole cloves

2 inches stick cinnamon

1 cardamon seed

¼ tsp nutmeg

**Boil the spices in the wine for
about 5 minutes. Strain. Serve
it hot.**





Advent Taize Prayer

Tuesdays at 7:00 pm

“AH, TAIZE, THAT LITTLE SPRINGTIME”

With these simple words, Pope Saint John XXIII greeted the founder of the Taize, France community, Brother Roger. Later, Pope Saint John Paul II also commented “my desire is that the Lord may keep you like a springtime that blossoms and that He keep you little, in the joy of the Gospel and the transparency of brotherly love.” Thus, Brother Roger was affirmed in his desire back in 1940 to live a life of reconciliation with all people. Swiss-born and a Reformed Protestant, he moved to Taize where he could help people surviving the Great War adopt a life of simplicity, prayer and reconciling love. Two other young men joined him, and in 1969, a young Catholic Belgian doctor joined the community creating an ecumenical group of young people dedicated to the call of the reconciliation of all people - especially after such a devastating war.

Their food is simple and their hospitality was and continues to be compassionate and inclusive. Their music, with the help of composers Jacques Berthier and Joseph Gelineau utilizes simple Gospel lines or writings of the saints in a repetitive, contemplative style. Today, thousands of youth pour into Taize to experience the “springtime” of Christian witness which has now grown to many communities around the world.

Viterbo University has responded to His Holiness John XXXIII and his main priority, the reconciliation of all Christians. When immediately after his election in 1958 he requested one of the first audiences to be held was that with Brother Roger and his community, one of the cardinals asked, “Taize? Why so quickly?” The pope responded he was elderly and wanted to respond as soon as possible to the question of reconciliation. Could that it be he already had in mind calling forth a Great Council - a Council that would open up more avenues to Christian Unity. And thus, the Council convened in October, 1962.

Even though every community outside Taize adjusts the spirit of Taize to its particular needs, Viterbo has invited students, staff and all people of good will to join them in their celebration of the dream of Taize within a very Franciscan atmosphere of “peace and good”.

You are welcome to join us...and pray “Ut Unam Sint”, “That all may be One” in one great prayer for World Peace.



Join the Luxembourg/American
Decendants Society of the
La Crosse region for a

St. Nicholas Day Potluck

December 11
Following the 11am Mass

**During Advent, our San
Damiano Community will be
collecting donations of
Thermal Underwear for the
Catholic Charities Warming
Center. Please bring your
donations to the designated
box at the front doors of the
Chapel.**



O Antiphons

December 17

**O Wisdom of our God Most High,
guiding creation with power and love:
come to teach us the path of knowledge!**

December 18

**O Leader of the House of Israel,
giver of the Law to Moses on Sinai:
come to rescue us with your mighty power!**

December 19

**O Root of Jesse's stem,
sign of God's love for all his people:
come to save us without delay!**

December 20

**O Key of David,
opening the gates of God's eternal Kingdom:
come and free the prisoners of darkness!**

December 21

**O Radiant Dawn,
splendor of eternal light, sun of justice:
come and shine on those who dwell in darkness and in the
shadow of death.**

December 22

**O King of all nations and keystone of the Church:
come and save man, whom you formed from the dust!**

December 23

**O Emmanuel, our King and Giver of Law:
come to save us, Lord our God!**

Children are invited to sing in a Children's Song at our
11am Christmas Day Mass. Please contact Polly to
participate. PNPappadopoulos@viterbo.edu.

We will have a short rehearsal scheduled to prepare!

All are invited to sing with the St. Francis Choir. All
voices and abilities are welcome! Rehearsals are one
hour before each mass.

**THE SOLEMNITY OF MARY,
THE HOLY MOTHER OF GOD
IS CELEBRATED JANUARY 1.**

**WE WILL HAVE BOTH
11AM AND 6PM MASSES.**

Bambino Gesù ("Baby Jesus") Christmas Collection for Ukraine



Valentyna Pavsyukova



As we celebrate Thanksgiving and approach the Christmas season, let us remember our local afflicted neighbors and our neighbors across the world in Ukraine. Valentyna Pavsyukova, founder of Chalice of Mercy mission to Ukraine and a member of our diocese, has asked for a diocese-wide charitable collection for the suffering children, women, and men of her birthplace. We will provide a Christmas Collection display in the Sr. Thea Bowman Center with a list of items that are being collected for the people of Ukraine. Please consider making a donation based on the needs that are listed in Campus Ministry or in San Damiano Chapel (or a financial donation at chaliceofmercy.org/donation). And watch for the inspiring cover story on Valentyna in the December issue of Catholic Life magazine!

Campus Ministry Updates!

Welcome to Madison Zloto as the Campus Ministry Graduate Assistant! Originally from Michigan, Madison is a recent alumna from Viterbo and active member of our community. She is currently enrolled in the Direct Entry Master of Nursing Program, and is working on becoming a registered nurse at the end of the year. We are excited about Madison joining the team, and she has incredible gifts to share with our community! Look forward to seeing a bit more about Madison in future newsletters!



Journey Program and Campus Ministry

At the end of September, we received a call from the Diocese of La Crosse's Journey Program. We were excited to find out that two individuals were looking for a place to call home for their apostolate work. Gerard and Jeremiah have been joining the Viterbo Community on a weekly basis to building community, help with programming, and to be a visible sign of God's hospitality to our Viterbo Community. Below you will find a little bio about each of the Journey men. If you see on Campus, don't hesitate to say hello!



Gerard Glab II - I am Originally from Detroit Michigan I joined the army after high school and was deployed to Iraq as an infantryman. When I Got out of the army in 2013 and went to school for diesel mechanics in Avondale Arizona. I worked for a heavy equipment company building roads throughout Arizona after that was employed as an over-the-road truck driver. Most recently I Moved to Marshfield Wisconsin about 3 years ago. I am currently in the journey program for the diocese of lacrosse La Crosse Wisconsin. The journey program is a 9-month program meant to prepare men to be formed before the seminary and get them used to living in a community. My favorite color is baby blue, and I enjoy napping when I can find the time.



Jeremiah DeGroot - I grew up in Onalaska, Wisconsin. I spent my childhood camping as a Scout and playing sports. I graduated high school in 2018 from La Crosse Aquinas, the diocesan high school in the city of La Crosse. I graduated from UW-Oshkosh in Spring 2022 with a degree in Business Finance. I enjoy running, disc golfing, camping, fishing, and being outdoors in general.

I was born into a Catholic family and baptized as an infant. I learned in great detail about the Catholic Faith from my Catholic K-12 education. However, I drifted away throughout my teenage years because I was focused on the rules rather than a personal relationship with God. Eventually, a deepening of my prayer life led me to asking the question, "What is God's Will for my life?" This year, I am privileged to be in the Journey Program for the Diocese of La Crosse

in which I am growing into a deeper relationship with God through prayer, coursework, and community life with the seven other men in the program. In addition to growing in relationship with God and each other, we are specifically discerning entering seminary formation next year.

Advent Prayer

Lord Jesus,

Master of both the light and the darkness, send your Holy Spirit upon our preparations for Christmas.

We who have so much to do and seek quiet spaces to hear your voice each day,

We who are anxious over many things look forward to your coming among us.

We who are blessed in so many ways long for the complete joy of your kingdom.

We whose hearts are heavy seek the joy of your presence.

We are your people, walking in darkness, yet seeking the light.

To you we say, "Come Lord Jesus!"
Amen.

- Henri J.M. Nouwen