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Dear brothers and sisters in the Lord,

We have come to the end of the liturgical year. Each year, this last Sunday of the year, which would be the 34th Sunday of Ordinary Time, becomes the Solemnity of our Lord Jesus Christ, King of the Universe. We honor our Lord Jesus Christ by recognizing that He is the King of Heaven and Earth. The glorious Lord is seated on His throne at the right hand of God the Father. We await His coming in glory when He will judge the living and the dead.

As we celebrate this Feast of Christ the King, we also look forward to the new liturgical year, as Advent approaches next Sunday. Advent is a time of prayerful expectation. It is a season of hope as we await the coming of Christ who was born for us on Christmas Day. This week before Advent starts can be an opportunity for us to make plans for how we will celebrate this season of Advent, so that it truly may be that time of preparation for the Lord's coming.

An important way that we prepare ourselves for the coming of Christ is through prayer. During Advent, the Lord invites each of us to be more intentional about our time spent in prayer. Unfortunately, the hustle and bustle of our practical preparations for Christmas can make it more difficult spiritually to prepare for the birth of the Messiah. This is why we must be intentional. Striving to set aside a little bit more time each day, even if it's only 15 or 20 minutes a day, can help us to grow in our relationship with the Lord. This quality time of speaking to the Lord and listening to Him in silence is essential to prepare our hearts for His coming.

One of the best ways we can prepare for Christmas is to attend Mass more frequently. Why not wake up a bit earlier and join us for daily Masses at 7am? If this isn't possible, another helpful means of prayer during Advent is to read and meditate upon the daily Gospel readings from Mass. Please take advantage of this holy season of Advent so that all of us may prepare the way of the Lord in our hearts!

To Jesus through Mary,

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