

## Supernatural Instinct

*First Sunday of Advent (Year C)*

“Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.” [Luke 21:34-36](#)

“That day.” These two words are spoken twice in the passage above. To which day is our Lord referring? Clearly, He is referring primarily to the day of our final judgment and is warning us to make sure we are prepared for it in case it were to come at an unexpected moment. So how do we prepare?

Animals have the natural gift of instinct. They know how to survive, how to reproduce, how to gather food and how to avoid danger. They know this because God has implanted this knowledge within them. By this natural gift of instinct, they know what to do and what to avoid.

We, as humans, also have basic natural instincts. But our natural instincts are only sufficient to help us accomplish that which the animals accomplish. Therefore, if we are to gain an even greater knowledge and are to know how to properly prepare ourselves spiritually for the sudden and unexpected coming of Christ, then we need more.

The way we most properly prepare is through a special grace by which God reveals Himself and His will to our human reason. When that happens, we will know the best way to be fully prepared for “that day” the moment it comes. Perhaps one of the best ways to describe this ability is by describing it as a “supernatural instinct.” When our natural instincts become open to grace, and when the information on which we base our daily decisions in life comes to us by an ongoing and personal revelation from God through the infused gift of faith, then we will find that we simply know what to do and what to avoid. By analogy, just as a bird knows to fly south for the winter or a salmon knows to return to its place of birth to lay its eggs, so we will “know” within our spirit how to best serve the will of God and, thus, be most fully prepared for His imminent return. “Supernatural instinct” is nothing other than us allowing the grace of God to enter our lives so as to take control of everything we do and to lead us into the fulfillment of the perfect and glorious will of God. When that happens, we can be certain that we are perpetually prepared for all that comes and will never be caught by surprise like a trap.

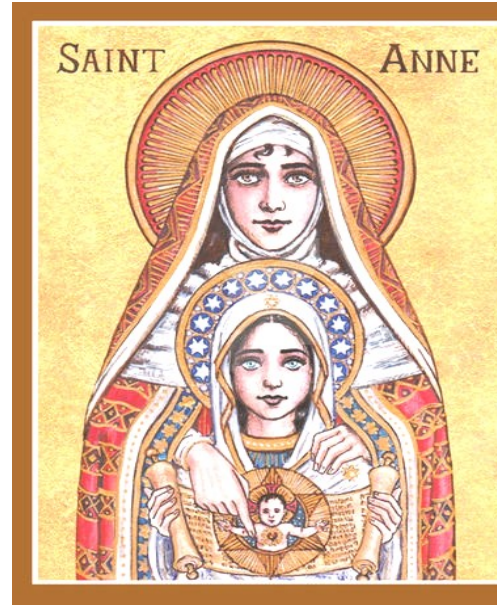
Reflect, today, upon whether you are daily led by the knowledge of God’s will alive within you as a supernatural instinct. If this language seems foreign to you, then perhaps it is a time to ponder the question “Why?” Why aren’t you led by God’s grace through an ongoing gift of supernatural knowledge of His will? And if this language does resonate within you, then spend time pondering this gift and being grateful for the way that God has truly taken over your day-to-day life.

*My revealing Lord, I pray that I will always know Your will and be led only by Your gentle but unmistakable promptings of grace. Please lead me, dear Lord, so that I will be perpetually prepared for Your glorious and final coming the moment it arrives. Jesus, I trust in You.*

## St. Anne Catholic Parish

December 1, 2024

### 1st Sunday of Advent



#### Holy Mass and Sacraments Schedule

**Saturday Vigil:** 5:00 pm

**Sunday Mass:** 9:00 am

**Daily Mass:** Mondays & Fridays @ 6:00 pm  
Tuesdays, Wednesdays, Thursdays @ 9:00 am  
First Saturday’s ONLY @ 9:00 am

**Reconciliation:** 30 minutes prior to each Mass

**Eucharistic Adoration:** Mondays and Fridays 5:00-6:00 pm  
Tuesdays, Wednesdays, Thursdays 9:30-10:30 am

**Baptism and Holy Matrimony:** The family should be registered and active at St. Anne Parish for a least three months prior to Baptism or Holy Matrimony. Couples are engaged to marry need to contact Fr. Ishida at least four months prior to the wedding date for marriage preparation.

**Anointing of the Sick:** Please contact Father Ishida.

**Parish Office:** Please email or leave a voice message.

#### Parish Staff

Parish Office: 509-723-1459

Email: [stannemedicallake@gmail.com](mailto:stannemedicallake@gmail.com)

Website: [www.westplainscatholicparishes.org](http://www.westplainscatholicparishes.org)

Father Michael Ishida, Pastor

Evie Noder, Parish Bookkeeper

Michele Flynn, Office Admin

Sacramental Emergencies – 509-998-7093

#### Pastoral Council

*(meets 2<sup>nd</sup> Tuesday of each month @ 6:00 pm)*

Fr Ishida, Theresa Reisenauer, Linda Pearson,

Evie Noder, Jeff King, Larry Jay,

Monica Schindler, Marlayna Smith

#### Finance Council

*(meets 1<sup>st</sup> Tuesday quarterly @ noon)*

Father Ishida, Betty Patterson,

Dan Quaschnick,

#### Physical Address:

708 E Lake Street, Medical Lake, WA 99022

#### Mailing Address:

P.O. Box 125, Medical Lake, WA 99022

#### Ministry Contacts

##### Liturgical Ministries

Sacristan - Theresa Reisenauer

Lectors – Cheryl Moriarty

Music – Linda Pearson

Fellowship—Betty Patterson

Hall Rental—Mary Morrison

Meditation Garden—

##### Parish Guilds

Prayer Chain, Theresa Reisenauer, [lovinretirement@gmail.com](mailto:lovinretirement@gmail.com)

*(Intensions can be kept anonymous if requested or needed.)*

Quilters Group, Sally Bachtel 702-622-5522

#### **FORMED.org—“The Catholic NetFlicks**

Step 1. **Sign up as a Parishioner (it's FREE)** : search for **St. Anne Medical Lake**

Step 2. Then enter your name and create a password.

*welcome*  
to our Parish

## First Sunday of Advent

Lectionary #3C~ Liturgical color: violet

1st Reading: Jeremiah 33:14-16  
 Resp Psalm: Psalm: Ps 25:4-5, 8-9, 10,14  
 2nd Reading: 1 Thessalonians 3:12-4:2  
 Gospel: Luke 21: 25-28, 34-36  
 NO Gloria  
 The Creed

December is the Month of the Divine Infancy

### PRAYER CHAIN

**INTENTIONS** can be emailed and kept anonymous if requested or needed. Please request prayers to Theresa Reisenauer at: lovinretirement@gmail.com



## Immaculate Conception of the Blessed Virgin Mary

*Holy Day of Obligation*

Monday, December 9 @ 9:00 AM & 6:00 PM

**Please note:** Mass Intensions take approximately two (2) weeks to get processed and on the calendar. Please note this when giving your stipends for Intensions.

### MASS INTENTIONS FOR NOVEMBER/ DECEMBER

24	Sunday	Pro Populo
25	Monday	Harvey & Maria Ester Luce
26	Tuesday	Harvey & Maria Ester Luce
27	Wednesday	
28	Thursday	Harvey & Maria Ester Luce
29	Friday	Ralph Schwartz
30	Saturday	Ralph Schwartz
01	Sunday	Respect for all Human Life & Pro Populo

*St. Anne ... Pray for us!  
 Mary, Queen of Heaven ... Pray for us!*

### St. Anne's Christmas Immaculate Conception Brunch

**When:**  
 December 8<sup>th</sup> after 9:00 Mass  
**Where:**  
 In Parish Hall  
**Donations:**  
 \$5 per person or \$10 a family.



Tickets sold after Mass  
 Please join us!

Raffle tickets for Sale for an Outdoor Statue of Mary, Our Lady of Grace Statue and a Rosary handmade by Marlayna Smith.  
**\$1 per ticket**

### We Need Your Help!

*Please prayerfully consider helping.*

Saturday, December 7

*Volunteers to help us*

10:00 AM: Set up Nativity Manager  
 11:00 AM: Set up Hall & Food for Immaculate Conception Brunch

### FORMED.org JOIN for free!

Directions on front of the bulletin  
 Catholic "net flicks".



Diocesan news to your inbox every Friday



We love having you as part of our flock

Keep in touch with us via email & text

Text the word **westplains** to the number **84576**



**Welcome to St. Anne Parish** To all visitors who are joining us for worship today. May your time with us be grace-filled and may the Lord Jesus bless you and your loved ones today and every day. Pax et Bonum (Peace & Happiness)

## St. Anne Parish

### Weekend Mass Schedule:

Saturdays @ 5:00 pm—confession @ 4:30 pm  
 Sundays @ 9:00 am - confession @ 8:30 am

Join us for **FELLOWSHIP** immediately following Sunday 9:00 am Mass in St. Anne Hall.

### Daily Mass Schedule

Mondays & Fridays— 6:00 pm Mass  
 Tuesdays, Wednesdays, Thursdays - 9:00 am Mass  
**ADORATION**  
 Mondays & Fridays @ 5:00 pm;  
 Tuesdays, Wednesdays, Thursdays—following Mass  
**CONFESSION**  
 Mondays & Fridays @ 5:30 pm;  
 Tuesdays, Wednesdays, Thursdays @ 8:30 am



### Schola Cantorum—Choir

Interested in singing the Holy Mass? Please contact Linda at 509-879-0753 or email at sookisue@msn.com *All voices are welcome!*

### Seven Sisters Apostolate

*That our prayers may find the heart of every priest and bishop.*

Please contact Linda Pearson if you are interested in joining at 509-879-0753 Or email sookisue@msn.com

### Adult Religious Ed Classes

hosted by Father Ishida  
*All are welcome!*

### Signs of the 2nd Coming

December 4 @ 6:30PM—7:30PM  
 December 11 @ 6:30PM—7:30PM

### St. Anne Events!

Join us for **FELLOWSHIP** immediately following Sunday 9:00 am Mass in St. Anne Hall.

Wednesday, November 27 @ 9:45 AM  
 Quilting Group @ 9:45 am in the Hall

**First Saturdays Mass—December 7**  
 8:30 am Confession  
 9:00 am Mass—9:30 am Rosary

Sunday, December 8 after 9:00 am Mass  
 Join us in the Hall  
**Christmas Immaculate Conception Brunch**  
*As always, it will be a great time to get to know one another. Please join us for brunch!*

Monday, December 9—Holy Day of Obligation!  
*Immaculate Conception of the Blessed Virgin Mary*  
 9:00 am & 6:00 pm Mass

Wednesday, December 4 @ 9:45 AM  
 Quilting Group @ 9:45 am in the Hall

Wednesday, December 4 @ 6:30 PM  
 Adult Religious Ed @ 6:30 pm in the Hall

Tuesday, December 10 @ 6:00 PM  
 Parish Council Meeting @ 6:00 pm in the Hall

Wednesday, December 11 @ 9:45 AM  
 Quilting Group @ 9:45 am in the Hall

Wednesday, December 11 @ 6:30 PM  
 Adult Religious Ed @ 6:30 pm in the Hall



2024 ACA Parish Goals St. Anne, Medical Lake: **\$21,368**  
 We have currently received \$16,490— 77.17% of our goal.

**Thank you!**