

Advent/Christmas 2016

Dear Community,

With all of the news about the Water Protectors at Standing Rock, water has been much on my mind. I know that protecting water has been an issue all over the country and the world but I think that Standing Rock is a focal point for change. And it is so appropriate that this push back against those that would destroy what is natural and God given would come from the First People and Nations of this continent.

One of the things that I have learned from Standing Rock is that water is not just a thing but is a relationship, a sacred relationship with all that is. We cannot live without it. I heard one indigenous person say that those who live in the city have never tasted real water, clear, sweet water that comes from natural springs or from melting mountain ice. City water is poison. It is filled with chlorine, fluoride, pipe residue, medications and many other harmful elements.

The human body is about 60% or more, water. We are water. When we submerge in water, we merge with water. It cleanses more than just our physical condition, it also wipes away stress and sometimes trauma. It is often used in rituals of healing.

Water picks up our emotions as is told in the books, *Water and Hidden Messages in Water* by Dr. Masaru Emoto. The crystals of frozen water can become deformed when we react badly to it or when there are toxins in it and can become full, bright and beautiful when we pray over it or with it and when we bring love and gratitude to it. Water responds to us as we respond to water.

Jesus was called the water of life or the living water. Jesus discussed theology with the woman at the water well. Much healing was done at or with water. His calling to ministry was at the water. If we think about the cycle of water, evaporation into the sky, clouds filling with water and replenishing the earth, forming rivers and oceans only to continue the cycle again, we realize that water permeates all that is, much like the Holy One permeates all that is.

A crucial form of water is the water we float in while we are being formed in our mother's womb. All of our needs and nourishment are supplied in this dark, warm, God filled place. During this season of Advent, we celebrate Jesus being formed and growing in his mother's womb. We wait in patient expectation. We wait with hope that with his birth, new life will come to all. Each year we wait with patient expectation as we wait for God to be reborn in our hearts.

In these very troubles times, in these very fear filled times, we might look to the psalms. My body pines for you like dry weary land longs for water, says Psalm 63. Let us seek relief and nourishment in Jesus, the living water that satisfies our longings. Jesus, Emmanuel, God with us, tells us that God is not distant. God is as close to us as the water that saturates the earth and as close to us as the water in the ancient rivers of our bodies. God permeates the all. Let us recognize the God who pulsates within us. Let us birth that knowledge within our hearts.

Love and gratitude,
Gabriella
December 8, 2016

"God is love" (1 John 4: 8)

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more

Vatican II (continued)

In the next newsletter, we will continue with our study of the Second Vatican Council documents. Lumen Gentium, which we have been studying, is the Dogmatic Constitution on the Church. The next Constitution we will look at will be Gaudium et Spes. This is the Pastoral Constitution or The Church in the Modern World.

Ministry Opportunities:

1. Music Minister: Our beloved Suzannah will remain our Senior Music Minister, but when she cannot be with us, we can use someone who can play an instrument, or sing or help with CD's during Mass. Please contact me if you are interested.
2. Hospitality Minister: We can use three or four people to form a committee to provide refreshments after Mass. It could be very simple things like coffee, tea, water, cookies, and chips and dips. A budget will be provided for the purchase of these things. If you are interested, please contact me.

Of Importance:

Million Woman March - Join us

Women's Rights Are Human Rights

When: Saturday, January 21, 2017

Where: Depart: Church of St. Francis Xavier, 55 W. 15th St., New York, NY 10011 at 5:00 a.m. Arrive: Lincoln Memorial, 2 Lincoln Memorial Circle, NW, Washington, DC 20037 9:00 a.m. ETA

Depart: Lincoln Memorial, Washington, DC, 6:00 p.m.

Arrive: Church of St. Francis Xavier, 55 W. 15th St., New York, NY 10011, 10:00 p.m. ETA

Cost: \$55.00 round-trip ticket (cash, check or money order)

Women, men and children are welcome to join St. Francis Xavier parishioners and friends on the bus to the Women's March on Washington. RSVP to SFXWomen@aol.com to reserve your seat now.

<https://www.facebook.com/events/2169332969958991/#>

WEBSITE: <https://www.womensmarch.com/>

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