

TODAY'S READINGS

Pray without ceasing. (1 Thessalonians 5:17)
Without ceasing? At all? Obviously, Paul is not talking about praying all day long. Rather, he is calling us to faithfulness in prayer and asking us to develop a prayerful disposition for our lives. Paul knows that prayer is the best way to stay close to God, so it's worth scheduling time every day to make sure we are coming into God's presence.

Think about the way you breathe. Your lungs work twenty-four hours a day, seven days a week. They never stop, whether you are aware of them or not. If your lungs were to fail, you would die. Likewise, if you lose your prayerfulness, you will die. If external residue, like smoke, enters your lungs, breathing becomes more difficult. Similarly, when sin comes into us, it makes prayer more difficult. That's why repentance is so valuable. It clears up the damage caused by sin and makes prayer easier.

Praying without ceasing means getting into the habit of praying a few times during the day: when you wake up, when you go to Mass, before lunch and dinner, and before bed. One psalm even tells us to pray seven times a day (Psalm 119:164)! Of course, this doesn't always have to be a structured prayer time! Rather, it means trying to maintain a spirit of prayer. If we could just stop a few times during our day and turn to the Lord, we would be amazed at the difference it makes. Jesus is our best example of this. Whether he was performing a miracle, preaching a sermon, or arguing with his opponents, he kept his mind on his Father.

Finally, praying without ceasing means living in a way that is consistent with our prayer. Caring for others, being just, developing our talents, doing good for other people, and helping the poor—these are all valid ways that we can continue to pray without ceasing.

That doesn't seem too hard!

"Lord, help us become a praying people. May we stay close to you in all circumstances until you come in glory!"

Taken from *The Word Among Us*, Advent 2014, Vol. 34, Number 1: Used with permission.

THIS WEEK'S READINGS

Sunday 14 Is 61:1-2,10-11 / 1 Thes 5:16-24 / Jn 1:6-8,19-28

Third Sunday of Advent - Gaudete Sunday

Monday 15 Nm 24:2-7,15-17 / Mt 21:23-27

Tuesday 16 Zep 3:1-2,9-13 / Mt 21:28-32

Wednesday 17 Gn 49:2,8-10 / Mt 1:1-17

Thursday 18 Jer 23:5-8 / Mt 1:18-25

Friday 19 Jgs 13:2-7,24-25 / Lk 1:5-25

Saturday 20 Is 7:10-14 / Lk 1:26-38

Sunday 21 2 Sm 7:1-5,8-12,14-16 / Rom 16:25-27 /

Fourth Sunday of Advent Lk 1:26-38

ADVENT

Find the Perfect Gift – Happy Gaudete (or Rejoice!) Sunday! Parishes across the Archdiocese continue to celebrate Advent through *Find the Perfect Gift*. **This Advent, share the Perfect Gift of Jesus with someone in your life who may be searching for meaning or friendship.** As we encounter others we offer a glimpse of the love and joy of Jesus through our words and actions! Visit FindthePerfectGift.org to see our *Find the Perfect Gift* commercial and a listing of Christmas events across the Archdiocese to help us share joy with others! **Take home a Find the Perfect Gift yard sign, available inside the Cathedral main entrance.**

Feast of Our Lady of Guadalupe – St. Matthew's celebrates the Feast of Our Lady of Guadalupe today, Sunday, **December 14** at the 1pm Spanish Mass, followed by refreshments and music in the West Conference Room. All are welcome.

Eucharistic Adoration – All are invited to our monthly Eucharistic Holy Hour on Monday, **December 15**, 6 to 7pm. Deacon Nickel will preside and Fr. Barbieri will be available for confessions in English and Spanish during the hour.

Advent Confessions – Two priests will be available in the Cathedral for confessions each weekday through Christmas Eve from 11am to Noon. The exception is Tuesday, **December 16**, when more than fifteen priests will gather here for confessions at our 12:10pm penance service, *Come Home for Christmas*, with Fr. Rafael Barbieri as homilist. See the flier for more information.



Christmas Decorating & Christmas Flowers – On Tuesday evening, **December 23**, after the 5:30pm Mass, we will decorate the

Cathedral for Christmas. We need volunteers to unwrap, prepare and place poinsettias, put lights on the trees, and assemble the crèche. To volunteer, contact Pam Erwin at 202-347-3215 x537 or perwin@stmatthewscathedral.org. Can't be with us but would like to help? You may mail your Christmas flower offering to the rectory, drop it in the offertory, or donate online or via Faith Direct. Many requests are made this time of you, so please be assured of our gratitude for all gifts.

PARISH CALENDAR

December 14 - 21

NEWS AND NOTES

Sunday 14—Third Sunday of Advent

A second collection to benefit the Retirement for Religious is taken at all Masses.

Las clases de Catequesis, Catecumenado y Catequesis Familiar continúan a las 11:00 de la mañana.

Celebración de Nuestra Señora de Guadalupe durante la misa de español y refrescos después, en el salón de conferencias del Oeste. Always God's Children meets in the **East Conference Room** at 3:30pm.

Lessons and Carols is presented in the Cathedral at 7:30pm, followed by a sing-along in the Great Hall.

Monday 15— A Eucharistic Holy Hour is held in the Cathedral at 6pm with Confessions available in English and Spanish.

Wine and Wisdom meets at 7pm in the East Conference Room.

Tuesday 16—The Advent Communal Penance Service is held at 12:10pm in the Cathedral, with more than fifteen priests available for confession. **The regular 11am confessions and 12:10pm Mass are not celebrated.**



El grupo de Oración se reúne a las 7 de la tarde en el salón de conferencias del Oeste.

Wednesday 17—Breaking Open the Word meets at 7pm in the West Conference Room.

Thursday 18— Legión de María se reúne a las 6:30 de la tarde en el salón de conferencias del Este. The Knights of Columbus meet at 7:30pm in the West Conference Room.

Sunday 21—Fourth Sunday of Advent



Card signing, gift wrapping and refreshment and fellowship for all at December hospitality receptions



Always God's Children – New Location This Month – Always God's Children, the Cathedral parish's ministry to gay and lesbian Catholics and their families and friends, meets this afternoon at 3:30pm in the **East Conference Room**.

Thank you! Adopt-a-Family Christmas Drive – Thank you to all who gave gifts, made monetary donations and volunteered their time in this year's Adopt-a-Family Christmas program. Because of your participation and our partnership with sponsor groups in the community, we helped 52 families and individuals in need. We also provided gifts to 80 guests of our weekly Homeless Ministry program and four homes of the L'Arche Community of Greater Washington. This year, we were also able to provide 30 kids from the DC General Shelter with gifts as well. The program would not have been a success without you!

Thank You! Friends Mailing Party – Thank you to those who gathered last week to prepare the annual Friends to the Cathedral Christmas mailing. We really appreciate your time and presence as we reached out to our supporters across the country with this mailing.

Christmas Offering – During Advent, we reflect upon the many blessings of the Lord, including those graces experienced at St. Matthew's. It is your generous response that enables the building up the Kingdom of God in our parish and our community. We invite you to mail your Christmas offering to the rectory, drop it in the offertory, or donate at www.stmatthewscathedral.org. (Choose *Make a Gift* on the front page, then choose *Donate* under *Make a One-Time Gift*. After providing your address and credit card information, click *Review Donation* and *Continue*. Choose *Comments* and in the window type "Christmas."). You also may give via Faith Direct. We truly appreciate your generosity and pray that this Christmas brings many blessings to you and your loved ones.



Stewardship Thought for the Week: The Christian vocation is essentially a call to be a disciple of Jesus. Stewardship is part of that. Even more to the point, however, Christians are called to be good stewards of the personal vocations they receive. Each of us must discern, accept, and live out joyfully and generously the commitments, responsibilities, and roles to which God calls him or her." (*Stewardship: A Disciple's Response*; USCCB November 2002; page 13)

FAITH FORMATION



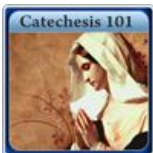
"O come, Desire of nations, bind, In one the hearts of all mankind; Bid Thou our sad divisions cease,

And be Thyself our King of peace." Last Saturday's Advent Morning of Recollection explored the "O Antiphons."

Be an RCIA Sponsor! – Are you looking for a way to grow in your faith? Consider being an RCIA sponsor, and share your faith with someone who is discerning full initiation in the Catholic Church. A sponsor is a companion who models how to live the faith in daily life, meets with the person s/he is sponsoring to discuss their faith journey, prays for that person, and participates in the stages and rituals of the RCIA process. To learn more, contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at tprymuszewski@stmatthewscathedral.org or 202-587-5139

Adult Confirmation Preparation 2015 – Each spring during the Easter season, St. Matthew's offers adult Confirmation preparation for active, baptized Catholics who already have received their First Eucharist. Preparation includes four Thursday evenings (**April 23, 30, May 7 and 14**) and one Saturday Retreat (**May 16**). Registration forms are available through Theresa Prymuszewski (contact info above).

Living Catholic and Faith Foundations – Would you like to know more about the faith we profess in a God who loves you beyond all telling? Have you ever felt at a loss to describe the mysteries of our faith? *Living Catholic* and *Faith Foundations* adult formation courses in the Arch-diocese of Washington, provide you with an opportunity to deepen your relationship with Jesus and his Church. Please consider signing up for *Catechesis 101*, to be taught by Theresa Prymuszewski:



Catechesis 101: "The catechist knows that the content of catechesis cannot be indifferently subjected to any method. It requires a process of transmission which is adequate to the nature of the message, to its sources and language, to the concrete circumstances of ecclesial communities as well as to the particular circumstances of the faithful to whom catechesis is addressed" (GDC, 149).

This course is both instructional and formational, and presents theological, relational and practical approaches to catechetical formation for all ministers of catechesis: Catechists for adults, Young adults, Teens, Sunday Faith Formation Catechists, also a great orientation for our Lenten Small Group Leaders, Formation Committee Members, RCIA Team and others. You may take this course leading to become a Certified Catechist in the Archdiocese of Washington, DC. We need a minimum of twelve registrants for this course, which will meet Saturdays, **January 10, 24, and 31**, 10am-Noon, and 1-3pm each Saturday. For more information, please contact Theresa Prymuszewski (contact info above). The cost is \$29, which covers materials, with checks payable to the Cathedral of St. Matthew the Apostle.

MEMORIES WANTED – Help Celebrate the 175th Anniversary of St. Matthew's Parish!

Your help is needed to mark the **175th Anniversary of the Parish of St. Matthew the Apostle**, now the Cathedral Parish, and since 1939, the seat of the Archdiocese. **You are invited now and into the 2015 anniversary year to share stories and memories of how your Catholic faith has shaped your life, your faith and your family.** Maybe you have a story of how your Catholic education has made a difference to your future. Maybe there is a moment when you drew closer to your faith because of your involvement with the Cathedral. Maybe you have a story about how you saw the face of God in others through your volunteer efforts, or how Catholic Charities or a Cathedral program or ministry offered you help, hope, or the chance to serve others when you needed it. Share your favorite memories of parish festivals, volunteering, liturgies, social justice events, Christmas Masses and Easter mornings. **The anniversary celebration of our parish is best marked by the inspirations, gratitude, joy, and power of faith.** Your stories and those of your ancestors reflect how St. Matthew's Parish and the Church have shared the joy of the Gospel in downtown Washington, DC for 175 years.

Stories will be selected for posting on the parish website weekly. All stories submitted will be added to the Cathedral Archives. Please email stories, in **250 words or less**, to reply@stmatthewscathedral.org, or mail them to Msgr. Jameson, Cathedral of St. Matthew the Apostle, 1725 Rhode Island Ave., N.W., Washington, DC 20036-3001. Please include the words "Anniversary Story" in the email heading or on the envelope.

LECTURAS DE HOY

Toda la historia de la humanidad llega a su punto culminante en este breve período de menos de 35 años, en el cual Jesucristo, el divino Verbo Encarnado, vino a habitar entre sus criaturas: los humanos.

San Juan Bautista se regocijó con la venida de Cristo. Reconocía que él no era digno de desatarle las sandalias (Juan 1, 27), pero anhelaba su venida (Juan 3, 28-30). Tan entusiasmado y asombrado estaba el Bautista con la proximidad del Mesías y las maravillas de la salvación que él traería, que consideraba que su propia misión, comparativamente humilde, era un gran privilegio.

Los judíos contemporáneos de San Juan Bautista también pronosticaron la venida del Mesías. Por eso preguntaron al Bautista si él era el Ungido, o el profeta Elías. Los judíos sabían que Dios haría cosas maravillosas entre su pueblo, pero no supieron reconocer las señales de los tiempos.

San Juan Bautista vio y comprendió estas señales. Se llenó de gozo en su humilde condición y voluntariamente llegó a ser heraldo del Dios Altísimo, la voz que clamaba en el desierto (Juan 1, 20-23). ¿Cómo fue que Juan Bautista comprendió las señales de su tiempo? Había aprendido a no “apagar el Espíritu”, a probarlo todo y aferrarse a lo bueno (véase 1 Tesalonicenses 5, 19-21). Escuchó y siguió la guía del Espíritu de Dios. Se transluce en la narración que el Espíritu de Dios lo fue guiando y llevando al Mesías desde el momento en que saltó de gozo en las entrañas de su madre (Lucas 1, 41-44) hasta proclamar que Jesús era el Cordero de Dios (Juan 1, 29-34).

Pidámosle al Espíritu Santo que nos ilumine mientras oramos y respondemos a la Palabra de Dios durante este Adviento. Así podremos llegar a ser también heraldos del Mesías en nuestro tiempo.

“Amado Padre celestial, te doy gracias por haber enviado a tu Hijo Jesucristo para salvarme de mis pecados, para que un día yo llegue al esplendor de tu morada celestial, allí donde tú habitas en una luz admirable.”

Escogida con el permiso de *La Palabra Entre Nosotros*, Vol. 34, Número 1: Adviento 2014.

LECTURAS DE LA SEMANA

Domingo 14 Is 61:1-2.10-11 / 1 Tes 5:16-24 / Jn 1:6-8.19-28
Tercer Domingo de Adviento

Lunes 15 Núm 24:2-7.15-17 / Mt 21:23-27

Martes 16 Sof 3:1-2.9-13 / Mt 21:28-32

Miércoles 17 Gén 49:2.8-10 / Mt 1:1-17

Jueves 18 Jer 23:5-8 / Mt 1:18-25

Viernes 19 Jue 13:2-7.24-25 / Lc 1:5-25

Sábado 20 Is 7:10-14 / Lc 1:26-38

Domingo 21 2 Sam 7:1-5.8-12.14-16 / Rom 16:25-27 /
Cuarto Domingo de Adviento Lc 1:26-38

NOTICIAS DE LA PARROQUIA



Fiesta de Nuestra Señora de Guadalupe – Venga y únase a nosotros a la celebración de Nuestra Señora de Guadalupe aquí en la Catedral en la misa de español a la 1 de la tarde el domingo **14 de diciembre**. Después de la misa habrá refrescos y música en el salón de conferencias del Oeste. ¡Todos están invitados!

Adoración al Santísimo Sacramento – Les invitamos el lunes **15 de diciembre** después de la misa de 5:30 de la tarde, a que se unan en adoración al Santísimo, de 6 a 7 de la tarde. El Sacramento de Reconciliación estará disponible durante la hora de la adoración.

Regalo Perfecto – ¿Hay alguna persona en sus vidas que se haya alejado de la Iglesia por algún tiempo y no tenga un lugar donde celebrar la fe esta Navidad? La misa de Navidad es un hermoso momento para ayudar a otros a volver a conectarse con la fe católica y ¡muchos están esperando una invitación personal de alguien como ustedes! Visiten www.RegaloPerfecto.org para informarse sobre los eventos navideños y los horarios de las misas de Navidad en toda la Arquidiócesis de Washington. **En la entrada principal encontrará carteles para patios y jardines del Regalo Perfecto, pueden llevarlos a casa.**

¡Muchas Gracias! Colecta Navideña de Adopte-una-Familia – Gracias a todos quienes contribuyeron con regalos, donaciones monetarias y con su tiempo como voluntarios para ayudar con el programa navideño de Adopte-una-Familia. Debido a su participación y a los patrocinadores de la comunidad, pudimos ayudar a más de 52 familias e individuos en necesidad. También pudimos obtener regalos para 80 visitantes de nuestro programa semanal que sirve a personas sin hogar. Este año también se pudo incluir a nuestros amigos de la Comunidad de L’Arche de Washington. Además, ayudamos a 30 jóvenes del albergue DC General. ¡El programa fue un gran éxito con la participación de todos ustedes!

MÁS NOTICIAS DE LA PARROQUIA



Padre Rafael celebra misa para el Grupo de Oración en diciembre. Se celebra cada primer martes del mes.

Catequesis, Catecumenado y Grupo de Jóvenes –

Les dejamos saber que los domingos **21, 28 de diciembre y 4 de enero** no habrá clases. Las clases se

reanudarán el domingo **11 de enero** con el mismo horario. ¡Feliz Navidad y Prospero Año!

Ofrendas Florales – Cada año se hacen todos los esfuerzos posibles para decorar la Catedral para la Navidad de una manera que refleje verdaderamente la noble sencillez de esta época. Para hacerlo de nuevo, necesitamos de su apoyo generoso. Usted puede mandar su ofrenda de flores a la rectoría, ponerla en la cesta de la colecta, o donar en la página digital de la Catedral o a través de *Fe en Directo*. Sabemos que en esta época, hay muchas solicitudes, por eso, realmente apreciamos cualquier donación.



Ofrenda de Navidad – Durante el Adviento, tenemos la oportunidad de reflexionar sobre las muchas bendiciones del Señor, en particular los dones que se experimentan en San Mateo. Dependemos de su generosidad, la cual nos permite construir el Reino de Dios en nuestra parroquia y en nuestra comunidad. Los invitamos a que manden su donación de Navidad a la rectoría, ponerla en la cesta de la colecta, o donar vía www.stmatthewscathedral.org. También puede dar a través de *Fe en Directo*. Agradecemos sinceramente su generosidad y pido a Dios que esta Navidad traiga muchas bendiciones a usted y toda su familia.

YOUNG ADULTS

Wine and Wisdom – Monday, December 15 – 7 to 8:30pm – Cathedral East Conference Room – Wine and Wisdom is a discussion and faith-sharing group for young adult women. The conversation provided will help to form, encourage, strengthen, and prepare those who attend to be the women that God has designed them to be. This month we will discuss coping with stress and worry—an appropriate topic for this time of year! Contact Tiffany at wineandwisdom.stmatthews@gmail.com for more information or to RSVP.

C†YA at Mass – Weekly on Sundays – 5:30pm – Cathedral (meet in section near front by the choir) – Don't sit alone at Mass! Instead, celebrate with other young adult parishioners. Please join us in our section in the first few rows on the right of the nave, in front of the pulpit near the choir – look for the “reserved” signs on the pews. Then stick around to meet everyone after Mass! Contact: stmattsyam@gmail.com

If you've ever attended Breaking Open the Word or are interested in attending a Bible study or discussion group with other Young Adults at the Cathedral. Please help us shape the future of this long-running event by taking a quick [5 question survey](http://goo.gl/EsIFAH) <http://goo.gl/EsIFAH>. Email stmattsyam@gmail.com with any questions; thank you for your participation!

MASS INTENTIONS

December 14 – 21

Sunday, December 14

5:30pm (December 13 vigil) – Adelina Alves
7am – All Parishioners
8:30am – Corrie Vergel de Dios (living)
10am – Pope Francis (living)
11:30am – Ramon D. Mendoza
1pm – Acción de Gracias
5:30pm – Lilliam Mahshie

Monday, December 15

7am – Gloria Gohring
8am – Mrs. Rosemary Alvare
12:10pm – Rosa Muzo
5:30pm – Geraldine Simpson

Tuesday, December 16

7am – Elizabeth Palomino
8am – Arthur De los Santos
5:30pm – Ronald Steffenser

Wednesday, December 17

7am – Terry Bork (living)
8am – Esperanza & Ricardo Martinez
12:10pm – Pope Francis (living)
5:30pm – Barbara Riddick

Thursday, December 18

7am – Fr. Pedro Opeka (living)
8am – Rose Carney
12:10pm – Jeffrey D. Johnson (living)
5:30pm – Mary A. Cordova

Friday, December 19

7am – Msgr. Bernard Gerhardt
8am – Christopher Stuttord
12:10pm – Socorro Pueyo
5:30pm – Jacques Delpi

Saturday, December 20

8am – Jane McTighe
12:10pm – Maria Celia de la Serna
5:30pm – Antonio D'Annunzio

Sunday, December 21

7am – Chris Franks
8:30am – All Parishioners
10am – Armando Arcos (living)
11:30am – Dominick Carter (living)
1pm – Papa Francisco (living)
5:30pm – Helen Hall Hitchcock

Saint Matthew's Cathedral

Join us for our annual, much-anticipated evening of splendid choral music, hymns and songs and inspiring readings presented by the Schola Cantorum, Festival Singers and the Cathedral Lectors.

**Sunday, December 14, 2014
7:30pm**

A Festival of Lessons and Carols

Including

The Great "O" Antiphons in Latin Chant and the music of Mendelssohn, Praetorius, Biebl and Victoria

*Followed by a **Christmas Carol Sing-along** in the Great Hall*

1725 Rhode Island Ave, NW Washington DC

Free and open to the public. Donations will be gladly accepted.

Adjacent parking garage will remain open for the event.

CATHEDRAL OF ST. MATTHEW THE APOSTLE

ADVENT CONFESSIONS

(two priests on weekdays)

Monday, **December 15**

11am - Noon &
6 - 7pm (during EUCHARISTIC
ADORATION, English & Spanish)

Tuesday, **December 16**

12:10pm (English, Spanish & other
languages, part of our ADVENT
COMMUNAL PENANCE SERVICE)
(no 11am Confessions)

Wednesday, **December 17**

11am - Noon

Thursday, **December 18**

11am - Noon (English & Spanish)

Friday, **December 19**

11am - Noon

Saturday, **December 20**

4 - 5pm

Sunday, **December 21**

No confessions

Monday, **December 22**

11am - Noon

Tuesday, **December 23**

11am to Noon (English & Spanish)

Wednesday, **December 24**

11am to Noon

CONFESIONES DE

ADVIENTO

(dos padres confesando en la semana)

Lunes, **15 de diciembre**

11 de la mañana a 12 del mediodía y
6 a 7 de la tarde (durante ADORACIÓN
EUCARÍSTICA, inglés y español)

Martes, **16 de diciembre**

12:10 del mediodía (inglés, español, y otros
idiomas; parte de nuestro programa de
ADVIENTO SERVICIO
COMUNAL DE PENITENCIA)

(no hay Confesiones a las 11 de la mañana)

Miércoles, **17 de diciembre**

11 de la mañana a 12 del mediodía

Jueves, **18 de diciembre**

11 de la mañana a 12 del mediodía
(inglés y español)

Viernes, **19 de diciembre**

11 de la mañana a 12 del mediodía

Sábado, **20 de diciembre**

4 a 5 de la tarde

Domingo, **21 de diciembre**

No habrá confesiones

Lunes, **22 de diciembre**

11 de la mañana a 12 del mediodía

Martes, **23 de diciembre**

11 de la mañana a 12 del mediodía
(inglés y español)

Miércoles, **24 de diciembre**

11 de la mañana a 12 del mediodía

Come Home For Christmas—

Advent Communal Penance Service

Tuesday, December 16, 2014

12:10 p.m



We invite you to experience the love of Christ through the Sacrament of Reconciliation at our Advent Communal Penance Service, *Come Home for Christmas*.

Experience the power of the sacrament, which restores us to God's grace and joins us with him in an intimate friendship.

Join parishioners and friends as we acknowledge our need for forgiveness from sin and reconciliation with God in preparation for the coming of Our Lord, Jesus Christ, at Christmas.

Priests from around the Archdiocese will be available for individual confessions in English, Spanish, Portuguese, Italian, German and American Sign.

Questions?

Contact the Rectory at 202-347-3215
CATHEDRAL OF SAINT MATTHEW THE APOSTLE
1725 Rhode Island Avenue, NW
Washington, DC 20036
www.stmatthewscathedral.org

The Sacrament of Reconciliation

What is Reconciliation and Why do we need it?

The Sacrament of Reconciliation (also called Confession) was instituted by Jesus Christ in His love and mercy for the Christian Faithful. The sacrament offers the Faithful forgiveness for all offenses committed against God. The Sacrament also reconciles us to the Church because the Church community is also wounded by one's sins.

When we sin, we hurt ourselves, other people and God. Through the sacrament of reconciliation, we acknowledge our sins before God and the Church. We express our sorrow, receive the forgiveness of Christ & the Church, make reparation for what we have done and resolve to do better in the future.

How Do I Make a Meaningful Confession?

Confession is not hard, but one should properly prepare themselves for the sacrament through an examination of conscience. Begin by placing yourself in the presence of God through prayer. Ask God, Our loving Father for healing and forgiveness. Carefully review your life since your last confession- what thoughts, actions, words have not conformed to God's love, to His Law or to the laws of the Church? Here are some questions based on the 10 Commandments to help you prepare:

- Do I pray to God every day? Have I thanked God for His gifts to me?
- Did I put my faith in danger through readings hostile to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm-reading or fortune-telling?
- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss Mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I keep fast and abstinence on the prescribed days?
- Did I disobey my parents and lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs?
- Did I consent to, recommend, advise or actively take part in an abortion?
- Did I willfully look at pornography, entertain impure thoughts or engage in impure conversations? Did I use artificial means to prevent conception?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage? Did I steal or damage another's property? Have I been honest and just in my business relations?
- Have I been responsive to the needs of the poor and respected the dignity of others?
- Did I tell lies? Did I sin by calumny, or detraction, of others? Did I judge others rashly in serious matters?
- Have I envied other people?

The Rite of Reconciliation: A Step by Step Guide

The sacrament can be face to face or anonymous with a screen between you and the priest. Choose the option which is the most comfortable for you.

1. The priest gives you a blessing or greeting. He may share a brief Scripture passage.
2. Make the Sign of the Cross and say: "Bless me father, for I have sinned. My last confession was..." (give the number of weeks, months, or years).
3. Confess all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Nothing that you say to the priest will ever be revealed. Place your trust in God, a merciful Father who wants to forgive you.
4. Following your confession of sins, say: "I am sorry for these and all of my sins."
5. The priest assigns you a penance and offers advice to help you be a better Catholic.
6. Say an Act of Contrition, expressing your sorrow for your sins. There are several versions of the Act of Contrition but a common one is: "God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, do penance, and to amend my life. Amen."
7. The priest, acting in the person of Christ, then absolves you from your sins.
8. After you've left the Confessional or Reconciliation Room: Complete the penance you received.

This condensed guide for the Sacrament of Reconciliation is based on the Archdiocese's "The Light Is On For You," campaign. For more resources please see www.the-light-is-on.org.



Cathedral of St. Matthew the Apostle
English as a Second Language Program
Programa de Inglés como Segundo Idioma



The English as a Second Language (ESL) Program forms part of the Cathedral's Social Justice & Community Services Ministries.

This all-volunteer program provides English language instruction to adults (ages 18 and up) during three semesters each year: Fall, Spring and Summer. Language instruction is provided at Level I (Beginner) through Level 5 (Advanced) and classes are held at St. Matthew's Education Center, 1726 N Street, NW.

**Spring Semester of
English as a Second Language Classes**

The 13-week Spring Semester will extend from *January 13 to April 9, 2015*. During this period, classes will be held Tuesday, Wednesday, and Thursday evenings from 6:30 to 8:30 pm, with optional tutoring from 6:00 to 6:30pm. Language instruction will be provided at Level I (Beginner) through Level 5 (Advanced). Students may register, in person, starting **Thursday, January 8**, between 6:00 and 8:00pm, at St. Matthew's Education Center, 1726 N Street, NW. At registration, each student will be assessed to determine the appropriate class level in which he/she will be placed. Student registrations will be accepted until February 5. The cost of the 13-week semester is \$40. There will be no classes the week of March 30 in observance of Holy Week.

For more information, please visit the Cathedral website and click on "English Language Classes" under the "Social Justice" tab, or contact Dan Horning at stmattsesl@gmail.com.

El Programa de Inglés como Segundo Idioma (ESL, por sus siglas en inglés) forma parte de los Ministerios de Justicia Social & Servicios Comunitarios de la Catedral. Es un programa de voluntariado que proporciona enseñanza del idioma inglés para adultos (de 18 años de edad en adelante) durante tres semestres al año: Otoño, Primavera y Verano. Las clases de inglés se imparten desde el Nivel I (principiante) hasta el Nivel 5 (avanzado) en el Centro de Educación de San Mateo (St. Matthew's Education Center), que está ubicado en 1726 N Street, NW.

**Semestre de Primavera de las
Clases de Inglés como Segundo Idioma**

El Semestre de Primavera, con una duración de 13 semanas, será del *13 de enero al 9 de abril del 2015*. Durante este periodo las clases se llevarán a cabo los martes, miércoles y jueves de 6:30 a 8:30 de la tarde, con la opción de tutoría de 6:00 a 6:30 de la tarde. Las clases serán impartidas desde el Nivel I (principiante) hasta el Nivel 5 (avanzado). Los estudiantes pueden inscribirse en persona a partir del **jueves 8 de enero**, de las 6:00 a las 8:00 de la tarde en el St. Matthew's Education Center (Centro de Educación de San Mateo), 1726 N St., NW. Durante la inscripción a cada estudiante se le hará un examen para determinar cuál es su nivel de clase más apropiado. Se aceptará la inscripción de estudiantes hasta el 5 de febrero. El costo del semestre, con duración de 13 semanas, es de \$40. No habrá clases la semana del 30 de marzo por ser Semana Santa.

Para más información, por favor visite a la página de web de la Catedral y haga clic a la frase "Clases de Inglés" bajo la ficha de "Social Justice", o póngase en contacto con Dan Horning al stmattsesl@gmail.com.

Volunteers Needed for ESL Program: Teachers, Tutors & Persons of Hospitality

We are looking for volunteers to serve as teachers, tutors, and persons of hospitality **one night per week** (Tuesday, Wednesday, or Thursday) in the Spring Semester of the ESL Program. Please see above for more details.

While volunteers are not required to have formal training in teaching English as a second language, we expect their native language to be English. Classes for the Spring Semester will be taught only in English. If you are not comfortable teaching a class on your own, we can pair you with a more experienced teacher. If you are interested in volunteering, please contact Dan Horning at stmattsesl@gmail.com.



Cathedral of St. Matthew the Apostle **Spanish as a Second Language Program**



The Social Justice & Community Services Ministry provides the Spanish as a Second Language (SSL) Program, an all-volunteer program that offers Spanish language instruction to adults (ages 18 and up) during three semesters each year: Fall, Spring and Summer. Language instruction is provided at Level 1 and Level 2, classes are held at St. Matthew's Education Center, 1726 N Street, NW. While the SSL Program seeks to provide Spanish language instruction to persons engaged in serving their brothers and sisters in our parish community as well as in other Hispanic communities of the Washington, DC metropolitan area, the program also accepts students who are interested in learning Spanish solely for their personal enrichment.

Spring Semester of Spanish Conversation Classes

The 13-week Spring semester will extend from **January 13 to April 9, 2015**. During this period, classes will be held on Tuesday, Wednesday, and Thursday evenings from 6:30 to 8:30pm. Language instruction will be provided at Level 1 and Level 2. Students registering for Level 2 instruction must have the prior approval of the Level 2 lead instructor and priority registration which takes place during the first week will be given to those students who are parishioners of St. Matthew's and currently involved in a ministry. Students for both levels may register, in person, starting Wednesday, January 8, between 6:00 and 8:00pm, at St. Matthew's Education Center, 1726 N Street, NW. The cost of the 13-week semester is \$80. There will be no classes the week of March 30 in observance of the Holy Week. For more information, please contact Dan Horning at stmatsssl@gmail.com.

Volunteer Teachers Needed for SSL Program

We are looking for volunteers to serve as teachers **one night per week** (Tuesday, Wednesday or Thursday) in the Spring Semester of the SSL Program.

While volunteers are not required to have formal training in teaching Spanish as a second language, we expect their native language to be Spanish. Also, volunteers are expected to have at least one university degree. Classes will be taught in Spanish only. If you are not comfortable teaching a class on your own, we can pair you with a more experienced teacher.

If you are interested in volunteering, please contact Dan Horning at stmatsssl@gmail.com.

Se Solicita Maestros Voluntarios Para el Programa SSL

Buscamos voluntarios para servir como maestros **una noche por semana** (martes, miércoles o jueves) durante el Semestre de Primavera del Programa SSL.

No es un requisito que los voluntarios tengan una capacitación formal como maestros de español como segundo idioma, sin embargo esperamos que la lengua materna de los voluntarios sea el español. Además, se espera que los voluntarios tengan por mínimo un título universitario. Las clases serán impartidas sólo en español. Si usted no se siente a gusto dando la clase por sí solo podemos acomodarlo junto con otro maestro con más experiencia.

Si usted está interesado en participar como voluntario por favor póngase en contacto con Dan Horning al stmatsssl@gmail.com.