Corpus Christi

CATHOLIC CHURCH

Father Frei's Weekly Letter

First Sunday of Advent – Year B

November 29, 2026



Beginning the Church's liturgical year, Advent (from "ad-venire" in Latin, or "to come to") is the season encompassing the four Sundays (and weekdays) leading up to the celebration of Christmas.

The Advent season is a time of preparation that directs our hearts and minds to the anniversary of Our Lord's birth on Christmas, as well as to Christ's second coming at the end of time. The Church Fathers, too, speak of an intermediate coming of Christ; namely, a spiritual coming into our hearts.

Like Lent, the liturgical color for Advent is violet since both are seasons that prepare us for great feast days. Thus, Advent also includes an element of penance like Lent in the sense of preparing, quieting, and disciplining our hearts for the full joy of Christmas.

Of all spiritual practices a person could begin or return to this Advent season, the one that I would most recommend is the sacrament of Penance. This sacrament, given to us by Christ, offers us reconciliation with God and the Church, the forgiveness of sins, restoration to the state of grace, remission of eternal and temporal punishment, and increased spiritual strength to resist future sin.

The sacrament of Penance is offered every day of the week at Corpus Christi except on Sundays. Confession is also available by appointment. What better way to prepare our hearts for Christ's coming than by removing from them any obstacle keeping us from his grace!

Jesus said to his disciples: "Be watchful! Be alert! You do not know when the time will come. […] May he not come suddenly and find you sleeping. What I say to you, I say to all: 'Watch!'

Father Frei



May God bless you and your families.
Mary, Mother of the Eucharist, pray for us!





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