



# St. Mary Parish

900 Central Ave, Coon Valley, WI 54623

**Fr. Joe Richards, Pastor | Dcn. Tony Shay**

December 7, 2025 | Second Sunday of Advent | Reading 480A

## CONNECT WITH US

### PASTOR

**Rectory:** 400 Congress Ave.  
Viroqua, WI 54665

**Cell Phone:** 608-606-9787

**Email:** jrichards@diolclergy.org

### Office Hours in the Sacristy

Tuesday 1:00pm until Mass

Thursdays after Mass until noon or by appointment

### DEACON

**Email:** ashay@diolclergy.org

### Parish Phone

608-452-3841

### Mailing Address

904 Central Ave  
Coon Valley, WI 54623

### Email

stmaryscv@mwt.net

### Website

www.stmaryscv.org

### Social Media

www.facebook.com/StMarysCoonValley

### Bulletins

*Bulletin Deadline: Monday, 6 days prior*

### Parish Office Hours

Varies - most Wednesdays, Thursday morning and most Fridays

## MASS SCHEDULE

### Weekend Masses

Saturday | 4:00pm

Sunday | 8:00am\*

*\*Livestreamed on our Facebook page*

### Weekday Masses

Tuesday | 5:15pm

Thursday | 8:00am

### Confession

Saturday | 3:30pm - 3:45pm

### Devotions

**Adoration** Tuesday | 4:30pm



### Administrative Assistant

Amy Stafslie 608-452-3841  
stmaryscv@mwt.net

### Coordinator of Religious Education

Bridget Goodwin  
bladams50@gmail.com

### Parish Finance Council

Mary Gajewski, John Mislivecek,  
Nancy Peters (Secretary), and John  
Roesler (Buildings and Grounds)

### Parish Pastoral Council

Ryan Goodwin, Marlene Humfeld, Sue  
Humfeld, Robert Kerska, Lori Pedretti  
and Steve Schulte

### PCCW (Parish Council of Catholic Women)

Clarice Kammel (President), Nancy  
Peters (Treasurer), Linda Berg (Secretary)

### Musicians

Mary Beth Smith 608-632-9548  
Linda Schulte 608-397-3643  
Chris Carskadon 608-790-4495

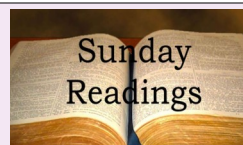
### Fr. Joe also serving:

**Annunciation of the Blessed Virgin  
Mary Parish, Viroqua**

Mass Times:

Weekend: Saturday 6:30pm  
Sunday 10:30am

Weekday: Wed - 5:15 pm  
Fri - 8:00am



**December 7, 2025**  
*Isaiah 11:1-10*  
*Romans 15:4-9*  
*Matthew 3:1-12*

## Intentions / Schedule

### SATURDAY, December 6

*Second Sunday of Advent*

~ 4:00pm Mass - † Edward and Anna Kerska  
 Altar Servers: Volunteers Ushers: Volunteers  
 Lector: Nancy Peters

### SUNDAY, December 7

*Second Sunday of Advent*

~8:00am Mass - † Ike and Marlys &  
 Gertrude and Ronald Johnson  
 Altar Servers: Volunteers Ushers: Volunteers  
 Lector: Marlene Humfeld

Money Counters: \*Steve Grabowski and Bernie Roesler \*

### MONDAY, December 8

*The Immaculate Conception of Mary—Holy Day of Obligation*

~ 5:15pm Mass - For the People

### TUESDAY, December 9

*St. Juan Diego Cuauhtlatotzin*

~ 4:30pm Adoration  
 ~ 5:15pm Mass - † Joe and Albina Sedevie

### THURSDAY, December 11

*St. Damasus I*

~ 8:00am Mass - Fr. Sam McCarty

### SATURDAY, December 13

*Third Sunday of Advent*

~ 4:00pm Mass - † Dennis LeJeune  
 Altar Servers: Volunteers Ushers: Volunteers  
 Lector: Jeana LeJeune

### SUNDAY, December 14

*Third Sunday of Advent*

~8:00am Mass - For the Persecuted Christians of Nigeria  
 and China

Altar Servers: Volunteers Ushers: Volunteers  
 Lector: Ryan Goodwin

Money Counters: Loree Nickelotti, Rodney and Kathy Berg



## Needed last Month

\$10,000.00	at \$2000 per week
\$9,174.25	Received as of week 5
<b>(\$825.75)</b>	Difference for the Month

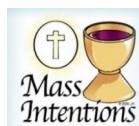
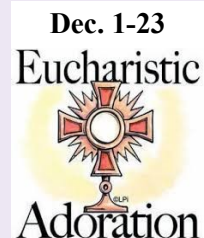
## Annual Appeal 2025-2026

As of 12/1/2025	Total Pledged	Total Payments
Pledged/Paid	\$7,665.00	\$5,206.69
Target Amount	<u>\$14,565.00</u>	<u>\$14,565.00</u>
<b>Under Target</b>	<b>(\$6,900.00)</b>	<b>(\$9,358.31)</b>
Percent Pledged: 52.63%, Percent Received: 35.75%		
Number Contributing: 13		
To donate online, visit: <a href="https://diolc.org/stewardship/">https://diolc.org/stewardship/</a> and in the drop down box choose: 2025(445) St. Mary Parish, Coon Valley		

## Upcoming Events/Calendar

- **Dec 3-17** ~ Amy on PTO, for administrative needs please contact Fr. Joe
- **Dec 6** ~ **Annual Craft Show** at the Coon Valley Village Hall from 8:00 AM to 2 PM
- **Dec 6/7** ~ Special collection for Retirement Fund for the Religious
- **Dec 7** ~ Rel. Ed (FoF) after 10:30 AM Mass in Viroqua ~ Encounter Class (middle school) 9-10:15 in Viroqua ~ Vigil Mass for the Immaculate Conception of the Blessed Virgin Mary in Viroqua at 7:00 PM
- **Dec 8** ~ The Immaculate Conception of the Blessed Virgin Mary, Holy Day 5:15 PM Mass
- **Dec 9** ~ Weekday Mass at 5:15 PM as scheduled \*  
 \*\*\*change from previous publication.
- **Dec 18** ~ Coffee and Fellowship after the 8 AM Mass
- **Dec 21** ~ Rel Ed (FoF) Activity after 8 AM Mass ~ Parish Social hosted by St. Theresa
- **Dec 24** ~ Christmas Eve - 4:00 PM Mass
- **Dec 25** ~ Christmas Midnight Mass - 12:00 AM ~ Christmas Day in Viroqua at 10:30 AM
- **Dec 31** ~ Vigil Solemnity of the Blessed Virgin Mary,

- Monday: 7:00-7:30 AM in Viroqua
- Tuesday: 4:30-5:00 PM in Coon Valley (continuing after Advent)
- Wednesday: 5:45-6:30 PM in Viroqua (continuing after Advent)
- Thursday: 7:30-8:00 AM in Coon Valley
- Friday: 8:30-9:30 AM in Viroqua
- Saturday: 9:00-10:00 AM, changing locations – in Viroqua on December 6 & 20, in Coon Valley on December 13



**Mass intentions for 2026 are now being accepted. Reserve your special date early to ensure availability.** Below are open dates for the next few months.

**Open Sat. and Sun. dates:** Dec is full. Jan 3 or 4, 10, 11, 17 or 18, & 31. Feb 1, 8, and 28. Mar 7 or 8, 14, 21, 28 & 29.

**Open Weekdays:** Dec is full. Jan 6, 13, 20, 27 & 29. Feb 3, 5, 10, 12, 17, 19, 24, & 26. Mar 3, 5, 10, 12, 17, 19, 24, 26 & 31.

Request a specific date by filling out an intention envelope or by emailing the office. Suggested stipend amount is \$20 per Mass. If you have questions feel free to email the office at [stmaryscv@mwt.net](mailto:stmaryscv@mwt.net) or voice message 608-452-3841.

## Giving Last Week

			11/30/2025
Adult Env (35)	\$1,355.00	Needed Weekly	\$2,000.00
Offertory	284.00	Received This Week	\$1,689.00
Memorial	<u>\$50.00</u>	Total needed	\$96,000.00
<b>Total</b>	<b><u>\$1,689.00</u></b>	YTD Received	\$92,714.82
Xmas Flowers	<u>\$380.00</u>	Difference	(3,285.18)



## From the Pastor

Hello friends,

With a snowy start to Advent last week, allow me to recap a few quick things in case you weren't able to hear the announcements or read the bulletin. First, a note concerning how we juggle snow and Mass schedules. I will try my best to keep the weekend Masses clicking along – it might mean abbreviating confessions to allow for driving slowly or cleaning up a few entrances but generally plan on the weekend Mass schedule pushing on ahead. **If there should ever be a true snowpocalypse (or more likely ice) causing a schedule change or weekend cancellation, look up the parish Facebook pages** and we'll post something on there (you ought to be able to google "St. Mary's Viroqua/Coon Valley Facebook" even if you blessedly do not have an account yourself). As far as weekday Masses go, we tend to follow the school systems (check both Viroqua and Coon Valley) – if there's a snow day or delay, Coon Valley daily Masses are cancelled, while Viroqua will likely proceed (since I live there anyhow). If in doubt, send me a message and I'll see about responding in a timely fashion.

Second, **this Monday (and Sunday night) we're celebrating the Immaculate Conception.** Much like the birth and life of John the Baptist (with his one foot in the Old Testament and one foot in the New), the beginning of Mary's life marks a pivot in salvation history. Up until this point, the Lord has been preparing His people for the Incarnation (Jesus' life, starting on the Annunciation/March 25) by pointing ahead through prophets and encountering us in the Temple. With the Immaculate Conception, the Lord begins preparing not a building or an ark but a human person to bring Himself into the world. There's even further foreshadowing here, looking ahead to the Holy Spirit making His dwelling now in each of us. Anyhow, the Immaculate Conception is a big day in the Church and a Holy Day of Obligation, meaning practicing Catholics are to attend Mass either at a vigil or on the day itself (just like a weekend with Sunday). With this feast landing on a Monday, it makes the schedule a bit wonky, but the first note is that doubling up is out – the Mass requirements are for two distinct Masses (one for Sunday, one for Immaculate Conception). **To that end, our schedule for Immaculate Conception will be: Sunday evening in Viroqua, 7:00 PM; Monday in Viroqua, 12:10 PM; Monday in Coon Valley, 5:15 PM.** If none of those times work for you, cast about in Genoa, Cashton, or La Crosse – there are more options out there!

Finally, an invitation to a moment of prayer on Monday next week – our quarterly healing Mass out in Cashton. Perhaps I'll share some more with you about this in next week's bulletin, but for now please receive my warm invitation to join us for this mid-Advent Mass on December 15 at 5:30 (starting with a holy hour and adoration at 4:30).

God bless you,

Fr. Joe

## Parish Announcements

### Join us for Family Adoration and Fellowship!

All are welcome – especially little ones. Soft music will be played and activities will be provided. Come any time, for any length of time.



- **Saturday, December 13<sup>th</sup> from 9-10am at St. Mary in Coon Valley**
  - o Fellowship will follow in the Hall downstairs – *bring a snack to share.*
- **Saturday December 20<sup>th</sup> from 9-10am at ABVM in Viroqua**
  - o Fellowship will follow in the Hall downstairs – *bring a snack to share.*
  - o We will also be providing materials for the kids to make ornaments during Fellowship so we can decorate the trees of Marian Hall.

### Christmas Flower Donations

We are now accepting donations for Christmas Flowers. A special envelope is included with your envelope bundles, there are also extras located at the church entrances.

### 2025 Pancake Breakfast Report

172 adult tickets and 20 youth tickets were sold and 73 donations were collected.

#### Income:

Collections:	\$2,046.00
Adult tickets:	\$1,720.00
Youth tickets:	\$100.00
Leftover sales:	\$100.00
<b>Total:</b>	<b>\$3,966.00</b>



#### Disbursements:

Sausage:	\$399.00
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#### Profit:

**\$3,567.00**

### Pancake Breakfast Thank You

Thank you to everyone who contributed—whether through monetary donations, baked goods, or by volunteering your time. Your generosity and willingness to serve made this year's Pancake Breakfast possible, and we are truly grateful.

The proceeds from this year's event will go toward the purchase of our new digital outdoor sign.

Copies of the year-to-year comparison report are available in the back of the church and posted on the bulletin board.

### 2026 Contribution Envelopes

Envelopes are now available in the back of the church in alphabetical order. Please pick yours up to save on the deliver expense. If you do not find your packet or you do not currently have envelopes, please email the parish office at: [stmaryscv@mwt.net](mailto:stmaryscv@mwt.net) or leave a voicemail at 608-452-3841.

### Volunteer(s) Needed for Snow Removal

We are looking for a volunteer or volunteers to help with snow removal at St. Mary Parish this winter. If you are able to help keep our walkways and entrances clear and safe during snowfalls, please talk to Fr. Joe or contact the parish office. Your service would be greatly appreciated!

## Parish Announcements continued

### Retirement Fund for Religious

#### A Lifetime of Service Deserves Care in Return

Please donate to the Retirement Fund for Religious this weekend. Your gift will provide essential care for more than 20,500 senior sisters, brothers and religious order priests who have dedicated their lives to serving others. Let us show our gratitude to these selfless individuals by giving generously.

## Diocesan/Community Announcements

**Advent Luminary Hike** at the FSPA Land, St. Joseph Ridge Join us on Monday, December 8th (6:30 pm—8:00 pm) for an evening gathering and peaceful mile-long hike filled with Advent reflections and candle luminaires. All ages are welcome. Please dress for the outdoor elements. Snacks & refreshments will be provided! \*Those unable to hike are still welcome to join us for snacks & conversation around a fire. **No pets, please.**

### Cookie Walks and Craft Sales - Dec 13 (two Parishes)

**Mary, Mother of the Church** located in the parish hall at 2006 Weston St., La Crosse, from 7:30 AM - 1 PM. Homemade cookies, candies, breads, pies, Scandinavian sweets, handcrafted items, Scrip gift cards and raffles are available for sale. Serving breakfast and lunch. Door Prizes every half hour.

**Holy Trinity Parish** December 13, 8:00 a.m.-12:00 p.m. At 1333SO 13th St. Christmas cookies, candies & breads. Cookies will be \$8.00 per pound. We will have craft tables with local vendors.

### Quarterly Healing Service at Sacred Heart Cashton

Monday, December 15, All are welcome.

- 4:30 PM Adoration with praise and worship, rosary, Divine Mercy and confessions
- 5:30 PM Mass
- 6:00 Corporate prayer with healing
- 7:00 Individual healing ministry

Come for part or all of the night

### Something for Seniors

United Country-Oakwood Realty, LLC is sponsoring the 4<sup>th</sup> annual **Something For Seniors** gift drive throughout the month of November which is National Long Term Care Awareness Month. **Something For Seniors** is like **Toys For Tots**, but Christmas gifts are collected and given to our seniors living in local healthcare and assisted living facilities. A full list of ideas is found on the collection boxes located at: The Market Place (Cenex) in Gays Mills, Hansen's IGA in Westby, Valley Market in Coon Valley, & in Viroqua: Nelson Agri-Center, The Viroqua Food Coop, Dollar Tree, St Mary's Catholic Church, Vernon County Aging & Disability Resource Center. We ask that only "New" items be donated. Gifts can also be purchased through Amazon. For more information and gift ideas, please visit: [SomethingForSeniors.Org](http://SomethingForSeniors.Org) or join the Something For Seniors FaceBook Group. Thank you!

### ALL DAY CONFESSIONS at the Cathedral - Dec 22

There will be all day confessions at the Cathedral on Monday, December 22nd from 9 am - 6 pm. There will be four to five priests available to hear confessions at any given time.

For the young and the young at heart, during Advent look for copies of the Kids Bulletin in the back of the church.

## Diocesan/Local Announcements continued

### Worldwide Marriage Encounter is coming to the Diocese of La Crosse | Feb. 13-15, 2026 | Sparrow's Nest, Sparta, WI

Looking for a way to rekindle the love and romance in your marriage? Your marriage is your most important human relationship. This powerful experience of discovery helps you renew your commitment, deepen your intimacy and reignite the passion that brought you together. Space is limited apply for the weekend by visiting: <https://wwme.org/> to save your spot!

### DIOCESE OF LA CROSSE GUIDELINES FOR REPORTING INSTANCES OF CHILD ABUSE:

The Diocese of La Crosse, through its [policies and procedures](#), seeks to provide a prompt, appropriate and compassionate response to reporters of sexual abuse of a child by any diocesan agent (bishop, priest, deacon, employee, religious, vendor or volunteer). Anyone wishing to make a report of an allegation of sexual abuse should send that report to Mrs. Teresa Brown, Complaint Intake Agent, at the Diocese of La Crosse, P.O. Box 4004, La Crosse, WI 54602-4004. Alternatively, you can contact Mrs. Brown at 608.791.0179 or [intakeagent@diolc.org](mailto:intakeagent@diolc.org). The reporting form is available through the Diocese of La Crosse Office of Safe Environment or on the diocesan website at: [diolc.org/safe-environment/reporting](http://diolc.org/safe-environment/reporting). Individuals are also encouraged to take their reports directly to civil authorities. Copies of the diocesan policy are available through your local parish and on the [diocesan website](#). If you have any questions about the Diocese of La Crosse and the implementation of the *Charter for the Protection of Children and Young People*, please contact Teresa Brown, Diocese of La Crosse, at 608.791.2679 or [tbrown@diolc.org](mailto:tbrown@diolc.org).

## Activity Corner

For the young and the young at heart, grab a Kid's Bulletin from the back of the church.



**New Parishioners:** Welcome to our parish! Please introduce yourself to Fr. Joe and contact the parish office for registration and information. [www.stmarycv.org/visit-us](http://www.stmarycv.org/visit-us)

**Sacrament of Reconciliation:** Saturday from 3:15pm to 3:45pm

**Sacrament of Baptism:** Submit a registration by mail, or e-mail to both [stmaryscv@mwt.net](mailto:stmaryscv@mwt.net) AND [jrichards@diolclergy.org](mailto:jrichards@diolclergy.org) You will be contacted by the parish office to finalize your requested date. The registration form at: [www.stmarycv.org/sacraments](http://www.stmarycv.org/sacraments).

**Sacrament of Anointing / Visitation of the Sick:** Please contact the parish office or Fr. Joe when someone you know is in need of the Sacrament or a pastoral visit. Requests may also be made from our website under the Sacraments tab. [www.stmarycv.org/sacraments](http://www.stmarycv.org/sacraments)

**Mass Intentions:** Please use the Mass Intention envelopes available in the church.

**Book of Prayer Requests:** Located in the back of church. Feel free to add your own prayer requests. The requests will be included in the parish prayers.

## Advent Resources— 2025

As we enter this holy season of preparation, here are several **free Catholic Advent resources** to help you slow down, pray, and make space for Christ in daily life. We invite all parishioners and families to take advantage of these wonderful tools.

### 1. Best Advent Ever — “Slowing Down to the Speed of Joy”

**Dynamic Catholic:** Free daily video reflections delivered to your email throughout Advent, encouraging a peaceful and joyful season. An optional companion book is available through the Dynamic Catholic Parish Book Program.

**Sign up:** [dynamiccatholic.com/advent](https://dynamiccatholic.com/advent)

**Free companion booklet:** “The Little Way of Advent” (PDF downloadable on the same site)

### 2. Waiting Well: Advent with Fr. Mike Schmitz

**Ascension Press:** Daily short videos from Fr. Mike begin **November 30, 2025**. This series helps us “wait well” rather than anxiously rushing through the season. Optional companion prayer journal available.

**Sign up:** [ascensionpress.com](https://ascensionpress.com)

### 3. Pray25: Be Still — Hallow’s Advent Prayer Challenge

**Hallow App:** A free Advent prayer series focusing on stillness, peace, and preparation of the heart, featuring meditations inspired by *The Reed of God* (Caryll Houselander). Includes special tracks for kids and families.

**Learn more:** [hallow.com/pray25](https://hallow.com/pray25)

### 4. Daily Advent Reflections with Chris Stefanick

**Real Life Catholic:** Short, uplifting daily reflections delivered right to your inbox. Great for busy parishioners who appreciate a quick spiritual boost each day.

**Sign up:** [reallifecatholic.com](https://reallifecatholic.com)

### 5. FDLIC Advent & Christmas Liturgical Preparation Aid

**Federation of Diocesan Liturgical Commissions:** A free PDF with Advent prayers, reflections, Scripture helps, liturgical notes, and seasonal guidance. Excellent for anyone wanting a deeper understanding of the Advent liturgy.

**Download:** [fdlc.org](https://fdlc.org) (Public Resources)

### 6. Saint Mary’s Press Advent Family Resources

**Saint Mary’s Press:** Interactive Advent calendars, family activities, Scripture reading plans, and printable materials — perfect for households with children.

**Resources available at:** [smp.org](https://smp.org) (Advent section)

### 7. CatholicMom.com Advent Journal

A free printable journal titled “**Welcoming the Light**” featuring Scripture, saint quotes, and daily reflection prompts. Great for families or individuals.

**Free download:** [catholicmom.com](https://catholicmom.com) (search “Advent journal”)

### 8. Magis Center Advent Reflections

Daily meditations and short reflections rooted in Scripture and the Catholic intellectual tradition. Perfect for those seeking deeper prayer or quiet time each day.

**Access:** [magiscenter.com/advent](https://magiscenter.com/advent)

### 9. Catholic Culture

CatholicCulture.org has a variety of resources aimed at helping families, parishes, and individuals observe Advent with spiritual depth, including: background, seasonal reflections, family activities (Jesse Tree and more), liturgical prayers, etc.

**Find resources:** <https://www.catholicculture.org/> (Liturgical Year and Advent Season Overview)

### 10. USCCB Advent Resources Hub

Includes Scripture readings, blessings, prayers, and ideas for living the liturgical season in the home.

**Visit:** [usccb.org/prayer-and-worship/liturgical-year/advent](https://usccb.org/prayer-and-worship/liturgical-year/advent)



**May this Advent be a time of peace, prayer, and joyful expectation.**

Please explore any of these resources, and feel free to share them with family or friends!





# December 8th

## The Immaculate Conception of Mary

On December 8, the Church celebrates one of the most beautiful truths of our faith: the **Immaculate Conception of the Blessed Virgin Mary**. This solemnity honors the moment when Mary, from the first instant of her existence, was preserved free from all stain of original sin. Many people mistakenly think this feast refers to Jesus' conception in Mary's womb; it does not. Rather, it celebrates Mary's own conception in the womb of her mother, St. Anne.

In 1854, Pope Pius IX defined this teaching: "The most Blessed Virgin Mary, in the first instance of her conception, **by a singular grace and privilege** granted by Almighty God, in view of the merits of Jesus Christ, the Savior of the human race, was preserved free from all stain of original sin."

This proclamation confirmed a truth long held in the faith of the Church, celebrated in liturgy, and reflected upon by saints throughout the centuries. The Pope's definition made clear what the faithful had already intuited: that God prepared Mary in a unique way to be the Mother of His Son.

Mary's Immaculate Conception was not something she earned, but a pure gift of God. As Pope Pius IX explained, this grace was given "*in view of the merits of Jesus Christ*." In other words, the redemption won by Christ on the

Cross was applied to Mary in a special, anticipatory way. She was saved by Christ, just more perfectly and more completely than any other human being, because she was chosen to bear Him who is the Savior. God made her a fitting dwelling place for His Son.

Two passages help us understand Scripture's evidence regarding the Immaculate Conception. In Genesis 3:15, God is speaking to Satan following the sin of Adam and Eve. It contains the "Good News" of God's mercy by **promising to deliver** us from the enemy.

*Genesis 3:15* reads: "**I will put enmity between you and the woman**, and between your seed and her seed; He shall bruise your head, and you shall bruise His heel". The seed or "offspring" of the woman is Jesus Christ. Through His passion, death and resurrection, Jesus will strike at the head of the serpent (Satan) and ultimately defeat him. The words to Satan, "you shall bruise His heel," refers to Jesus' death, but the Lord rose from the dead, winning the victory over Satan, sin and death. The word "enmity" means total opposition that exists between the "woman" (Mary) and Satan, which foreshadows the gift of Mary's Immaculate Conception.

The second Scriptural reference is revealed in the words of the Angel Gabriel to Mary: "He came to her and said, Hail, **full of grace**, the Lord is with you!" (Luke 1:28). The title 'full

of grace' is used as a substitute for Mary's name by the angelic messenger of God because this *fullness* of grace is part of Mary's very nature. God chose to apply a "fullness of grace" to Mary so that Mary might give to Jesus a human nature free from the effect of sin.

**What This Solemnity Teaches Us**  
The Immaculate Conception is not just about Mary; it is also about what God desires for all of us. In Mary, we see the fullness of what grace can do. She is the image of the Church in her perfection, the promise of what we hope to become through Christ. As the Pope wrote, Mary is "our most loving Mother, ever spotless and most fair, who shows forth the beauty of holiness."

This solemnity invites us to trust in God's plan for our lives, to open ourselves to His grace, and believe that holiness is possible for us, too. Mary's sinlessness reminds us that God's grace is stronger than sin, and that He is able to make us new.

You are invited to pray this prayer:  
O Mary, conceived without sin, pray for us who have recourse to thee. Loving Mother, you were prepared from the first moment of your existence to be the dwelling place of God's Son. Help us to say "yes" to God as you did, that His grace may transform our hearts and lead us closer to your Son, Jesus Christ. Amen.

By Ann Lankford, Catechesis & Evangel.