

# Dear Padre,

*I struggle with depression, and sometimes it gets really bad during the holidays. When is it morally acceptable to use antidepressant medication?*

You are not alone. People who struggle with depression often find the holidays especially difficult. To answer your question, it is morally acceptable to use antidepressant medications when a medical professional judges them to be the best response to the condition of the patient. As we learn more about the causes of depression and other disorders that challenge the sense of equilibrium in people, we hope that the most reliable responses may be found and employed to restore a sense of peace to those suffering from these ailments.

Evaluation and treatment of depression must be done within the context of a person's whole life. Depression often involves a chemical imbalance in the brain, and some people respond quite well to antidepressants. For others, the best treatment might be counseling or psychotherapy. Or both medicine and therapy. As each experience of suffering is unique, so, too, must be the response.

Frequently people will be embarrassed to admit to suffering with depression or consider it a sign of weakness or inability to deal with matters in life. Such thinking is of little help in resolving the issue. People who experience depression need the love and support of family and friends to accompany them in the suffering and to assist in their healing. ●

From *Life, Death, and Catholic Medical Choices: 50 Questions from the Pews*, © 2011 Liguori Publications

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|---|---|--|--|---|--|--|
| December 12<br><i>Our Lady of Guadalupe</i><br>Zec 2:14-17 or<br>Rv 11:19a;<br>12:1-6a, 10ab<br>Lk 1:26-38 or<br>Lk 1:39-47 | December 13<br><i>St. Lucy, Virgin and Martyr</i><br>Zep 3:1-2, 9-13<br>Mt 21:28-32 | December 14<br><i>St. John of the Cross, Priest and Doctor of the Church</i><br>Is 45:6c-8, 18,<br>21c-25<br>Lk 7:18b-23 | December 15<br><i>Advent Weekday</i><br>Is 54:1-10<br>Lk 7:24-30 | December 16<br><i>Advent Weekday</i><br>Is 56:1-3a, 6-8<br>Jn 5:33-36 | December 17<br><i>Advent Weekday</i><br>Gn 49:2, 8-10<br>Mt 1:1-17 | December 18<br><i>Fourth Sunday of Advent</i><br>Is 7:10-14<br>Rom 1:1-7<br>Mt 1:18-24 |



SHUTTERSTOCK

## A WORD FROM POPE FRANCIS

**Every yes to God gives rise to stories of salvation for us and for others. Like Mary with her own yes. In this Advent journey, God wishes to visit us and awaits our yes. Let's think: Today, what yes must I say to God?**

ANGELUS, DECEMBER 8, 2016



CNS PHOTO/PAUL HARINE



© 2022 Liguori Publications, Liguori, MO 63057-9999. Printed in USA. *Imprimatur*: "In accordance with CIC 827, permission to publish was granted on March 31, 2022, by the Most Reverend Mark S. Rivituso, Auxiliary Bishop, Archdiocese of St. Louis. Permission to publish is an indication that nothing contrary to Church teaching is contained in this work. It does not imply any endorsement of the opinions expressed in the publication; nor is any liability assumed by this permission." No part of this work may be used in any form without the prior written permission of Liguori Publications. Scripture texts in this work are taken from the *New American Bible*, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. All Rights Reserved. To download our latest catalog, visit Liguori.org or call 800-325-9521.



## 3rd Sunday Of Advent



December 11, 2022



*Holy Spirit Catholic Parish & Christ the King Mission*

*Reverend Peter Kmiecik, Pastor*

*Deacon John E. Jennings † Deacon Norbert Lloyd, Jr.*

Parish Office 283-5252 – Fr. Peter's Office 233-0947 - Fax 283-5255

[holyspiritcc@bellsouth.net](mailto:holyspiritcc@bellsouth.net) – [www.holyspiritcc.com](http://www.holyspiritcc.com)

Office Hours: Mon-Thur-8:00 a.m.–3:00 p.m. Fr. Peter is off on Monday



### Holy Spirit Mass Schedule & Intentions

*Week of December 3 – December 9*

|     |          |                                |
|-----|----------|--------------------------------|
| Sat | 6:00 pm  | Parishioners Living & Deceased |
| Sun | 11:00 am | †Harvey Shanholtz              |
| Sun | 4:00 pm  | †Mike Barfield                 |
| Mon | 8:00 am  | NO MASS                        |
| Tue | 8:00 am  | †Stevie Santa Cruz             |
| Wed | 8:00 am  | †Charlie Brenke (Birthday)     |
| Thr | 8:00 am  | †Diane Fisher (Birthday)       |
| Fri | 8:00 am  | Margaret Brenke (Birthday)     |

### Christ the King Mass Schedule & Intentions

*Week of December 3 – December 9*

|     |         |  |
|-----|---------|--|
| Sat | 4:00 pm | †Dennis & Altamae Higginbotham                     |
| Sun | 9:15 am | †Ann Newman  |
| Tue | 4:00 pm | †Souls in Purgatory, Esp. Johnson & Falcone Family |

### SACRAMENT OF RECONCILIATION

Before and after daily Mass, and by Appointment

**1<sup>st</sup> Friday Adoration** – 8:30am- 6:00pm at **Holy Spirit Adoration at Christ the King** – Tuesday 3:30pm-4pm