



Today is called Gaudete Sunday which means "joy" and we light a different colored candle on the Advent Wreath. The readings resonate with images of inner Hope, Joy, Peace and Love in our hearts. The Second Reading holds the key when it says, "Your kindness should be known to all". It calls us to spread joy to all with whom we come into contact.

This reminds me of an Advent email that I received several years ago called "The Advent Virus". It described how many hearts had already been exposed to it and that it had the potential to spread in epidemic

proportions. It then listed some of the signs and symptoms of this Advent Virus that included:

- A loss of interest in judging other people
- A loss of an appetite for conflict, rage and degradation
- Frequent overwhelming expressions of appreciation to others
- An unmistakable air of cheerfulness
- An increasing tendency to succumb to attacks of smiling

Please send out this Advent Virus warning to all your friends. This virus can and has affected many systems. Actually, some systems have been completely cleaned out because of it.

**St. Joseph University Parish ~ Buffalo, NY ~ [stjosephbuffalo.org](http://stjosephbuffalo.org)**

**3269 Main Street Buffalo, NY 14214 716-833-0298**