

The Catholic Church of the
Immaculate Conception

2540 San Diego Avenue, San Diego, CA 92110 619 295-4141 FAX 619 295-4142
e-mail: parish@ic-sandiego.org Website: www.ic-sandiego.org

November 02, 2014

Rev. Richard L. Perozich, Pastor
[pastor@ic-sandiego.org](mailto:parish@ic-sandiego.org)

Rev. Msgr. Robert Ecker, Weekend Associate

Deacon Robert H. Fitzmorris
rfitzmor@diocese-sdiego.org; 858 490-8332

Liz Fielder, Manager, Serra Gifts
fielder@ic-sandiego.org

Connie Rodriguez, Parish Secretary
parish@ic-sandiego.org

Parish Office Hours

Monday: Noon to 4:00 pm
Tuesday-Friday: 9:00 am to 4:00 pm
Saturday & Sunday: Closed

Mass Schedule

Daily Mass: Monday - Saturday at 8:00 am
First Friday Mass & Devotion: 8:00 am

Sunday Masses

Saturday Vigil: 5:15 P.M.
Sunday Morning: 8:30, 10:00, 11:30 A.M.
Sunday Evening: 5:15 P.M.

Holy Day Masses: 8 A.M., 5:30 P.M.

Penance: For daily Mass goes 7:30 AM, For Parish on Saturday: 4:30 to 5:00 P.M., and by appointment

Baptisms & RCIA: *By appointment only.* Please email Deacon Fitzmorris at rfitzmor@diocese-sdiego.org.

Weddings: By appointment only. Arrangements must be made at least **one year** in advance. Please contact the office

Funerals: *For arrangements, please call the parish office.*



History of Immaculate Conception Parish

It was here in Old Town that Father Junipero Serra celebrated his First Holy Mass in California on July 2, 1769, near the site of the present Immaculate Conception Church, and it was on the hill overlooking Old Town that he planted the cross which marked the site of the Mission and the Presidio.

In 1849, the first parish church was established in Old Town with the name of Immaculate Conception and was dedicated in 1858. It still stands and is known as the Old Adobe Chapel on Conde Street. The cornerstone to the present Immaculate Conception Church was laid in 1868 under the direction of Father Antonio Ubach. With the population swing toward the south, it was not until July 6, 1919, that the church was dedicated by Archbishop John J. Cantwell of Los Angeles.

WE PRAY

MASS INTENTIONS

3	8 AM	<i>Weekday</i> All Souls Novena	RP
4	8 AM	Saint Charles Borromeo All Souls Novena	RE
5	8 AM	<i>Weekday</i> All Souls Novena	RP
6	8 AM	<i>Weekday</i> All Souls Novena	RP
7	8 AM	<i>Weekday</i> All Souls Novena	RP
8	8 AM	<i>Weekday, BVM</i> All Souls Novena	RP
	5:15 PM	†James A. DiEdoardo	RP
9	8:30 AM	People of Immaculate Conception	RE
	10:00 AM	Elena Orozco, SI	RP
	11:30 AM	†Dottie Timmons	RE
	5:15 PM	Fernando Lopez, SI	RP

APOSTLESHIP OF PRAYER

November Intentions of the Holy Father
Universal: That all who suffer loneliness may experience the closeness of God and the support of others.
Evangelization: That young seminarians and religious may have wise and well-formed mentors.

PRAY: SEMINARIANS IN THEOLOGY

3rd	David Exner North American College Rome,
3rd	Brian Frice Mt. Angel Seminary OR
4th	Bernardo Lara Mt. Angel Seminary, OR
1st	Oscar Lopez, Mt. Angel Seminary OR
2nd	Nathan McWeeny Mt. Angel Seminary OR
1st	Eric Tamayo North American College Rome
3rd	Corey Tufford North American College Rome,
3rd	Derek Twilliger Mt. Angel Seminary OR
3rd	Billy Zondler, Mt. Angel Seminary, OR

PRAY FOR OUR PRIESTS

3	Bishop Robert Brom
4	Bishop Gilbert Chavez
5	Rev. Michael Guinan
6	Rev. Luis Guzman
7	Rev. Craig Haider
8	Rev. Msgr. Timothy Hamett
9	Rev. Brian Hayes

PRAY THE SCRIPTURES

Monday: Phil 2:1-4; Ps 31:1-3; Lk 14:12-14
 Tuesday: Phil 2:5-11; Ps 22:26-32; Lk 14:15-24
 Wednesday: Phil 2:12-18; Ps 27:1-14; Lk 14:25-33
 Thursday: Phil 3:3-8; Ps 105:2-7; Lk 15:1-10
 Friday: Phil 3:17-4:1; Ps 122:1-5; Lk 16:1-8
 Saturday: Phil 4:10-19; Ps 122:1-9; Lk 16:9-15

PRAY FOR THE SICK

Jesus, we ask you to bring your peace and healing touch to those who are ill, afraid or worried. Amen

Ann Bethel,	Patricia O'Grady,
Ann Marie Bielicki,	Ellen Quigley,
Ismael Casanova,	Lupe Riccio,
Bob Curry	Mary Jane Tiernan,
Joanne Daleo,	Marguerite Vorst,
Albina Farrie,	Floyd Watson,
Julie Fish	Marie Whitman,
Esther Fitch	Martha Zamudio,
Lydia Castillo Herrera	Carlos Amaya,
Margaret Kelly,	Fred Levine,
Patricia Kennedy,	Al Weaver,
Dorothy Kleint,	Ed Oleata,
Deena Marchiano,	Mike Rodriguez,
Dena Mendoza,	Lisa Becerra,
Jean Miller,	Maguire Fitzpatrick



PRAY FOR OUR DEPLOYED MILITARY

Jesus, protect all who serve our country.

Sgt. Ahmed John Alexander,	Robert Clinton Long, MC2;
Natalie Augustine,	Sgt. Adriana Matizel;
Major Jerry Bloomquist,	Wendell Miculob,
Col. Mike Bodkin,	LTJG Joe F. Morales, USN;
Danny Carpenter, USMC,	LCPL Matthew A. Pena;
LTJG Joseph Colangelo, USN;	Sgt. Richard Pierce;
Cpl. Samuel James Comer,	Sgt. William Paul Powers and
Daniel Dinglebeck, USN, PFC	Cinco,
David Eley, USMC,	CPL Wilson Santiago;
Micah Emery,	Alfred Tello;
Sgt. Christopher Escalona,	Ricky Thibeault;
Capt. Pedro Esquivel,	Tony Tulloss;
1Lt. Cortez Fabia,	PFC Travis Vliet; & 3rd
Juan Carlos Galazza;	Marine Aircraft Wing.
SSGT. Vincent Charles Lucario;	

†PRAY FOR OUR DECEASED†

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace Amen.

Brandon Blaine Bielicki,	Robert McMahan,
Georgene Bielicki,	Kianna Meade,
Elizabeth Cantoni,	Julia M. Ocampos
Salvador Carrillo,	Ernie Proo,
David Diaz	Joan Schmittin,
Stephen Falley,	Karina Sosa,
Norm Henkels,	Clyde Southern, Jr.,
Helen Kennedy,	Mariana S. Tadana
William Kennedy	Margie Gautier
Jirair Khalatian,	Patrick Piggot
Mary Lynch,	Rodney Serrano
Bette June Marciel,	Concepción Garza
	Richard Solís Moreno

ALL SAINTS

Why should our praise and glorification, or even the celebration of this feast day mean anything to the saints?

FROM THE PASTOR

What do they care about earthly honors when their heavenly Father honors them by fulfilling the faithful promise of the Son? What does our commendation mean to them? The saints have no need of honor from us; neither does our devotion add the slightest thing to what is theirs. Clearly, if we venerate their memory, it serves us, not them. But I tell you, when I think of them, I feel myself inflamed by a tremendous yearning.

Calling the saints to mind inspires, or rather arouses in us, above all else, a longing to enjoy their company, so desirable in itself. We long to share in the citizenship of heaven, to dwell with the spirits of the blessed, to join the assembly of patriarchs, the ranks of the prophets, the council of apostles, the great host of martyrs, the noble company of confessors and the choir of virgins. In short, we long to be united in happiness with all the saints. But our dispositions change. The Church of all the first followers of Christ awaits us, but we do nothing about it. The saints want us to be with them, and we are indifferent. The souls of the just await us, and we ignore them.

Come, brothers, let us at length spur ourselves on. We must rise again with Christ, we must seek the world which is above and set our mind on the things of heaven. Let us long for those who are longing for us, hasten to those who are waiting for us, and ask those who look for our coming to intercede for us. We should not only want to be with the saints, we should also hope to possess their happiness. While we desire to be in their company, we must also earnestly seek to share in their glory. Do not imagine that there is anything harmful in such an ambition as this; there is no danger in setting our hearts on such glory.

When we commemorate the saints we are inflamed with another yearning: that Christ our life may also appear to us as he appeared to them and that we may one day share in his glory. Until then we see him, not as he is, but as he became for our sake. He is our head, crowned, not with glory, but with the thorns of our sins. As members of that head, crowned with thorns, we should be ashamed to live in luxury; his purple robes are a mockery rather than an honor. When Christ comes again, his death shall no longer be proclaimed, and we shall know that we also have died, and that our life is hidden with him. The glorious head of the Church will appear and his glorified members will shine in splendor with him, when he forms this lowly body anew into such glory as belongs to himself, its head.

Therefore, we should aim at attaining this glory with a wholehearted and prudent desire. That we may rightly hope and strive for such blessedness, we must above all seek the prayers of the saints. Thus, what is beyond our own powers to obtain will be granted through their intercession. — *Saint Bernard, Abbot*

ALL SOULS

We see that death is gain, life is loss. Paul says: For me life is Christ, and death a gain. What does “Christ” mean

but to die in the body, and receive the breath of life? Let us then die with Christ, to live with Christ. We should have a daily familiarity with death, a daily desire for death. By this kind of detachment our soul must learn to free itself from the desires of the body. It must soar above earthly lusts to a place where they cannot come near, to hold it fast. It must take on the likeness of death, to avoid the punishment of death. The law of our fallen nature is at war with the law of our reason and subjects the law of reason to the law of error. What is the remedy? Who will set me free from this body of death? The grace of God, through Jesus Christ, our Lord.

We have a doctor to heal us; let us use the remedy he prescribes. The remedy is the grace of Christ, the dead body our own. Let us then be exiles from our body, so as not to be exiles from Christ. Though we are still in the body, let us not give ourselves to the things of the body. We must not reject the natural rights of the body, but we must desire before all else the gifts of grace.

What more need be said? It was by the death of one man that the world was redeemed. Christ did not need to die if he did not want to, but he did not look on death as something to be despised, something to be avoided, and he could have found no better means to save us than by dying. Thus his death is life for all. We are sealed with the sign of his death; when we pray we preach his death; when we offer sacrifice we proclaim his death. His death is victory; his death is a sacred sign; each year his death is celebrated with solemnity by the whole world.

What more should we say about his death since we use this divine example to prove that it was death alone that won freedom from death, and death itself was its own redeemer? Death is then no cause for mourning, for it is the cause of mankind's salvation. Death is not something to be avoided, for the Son of God did not think it beneath his dignity, nor did he seek to escape it.

Death was not part of nature; it became part of nature. God did not decree death from the beginning; he prescribed it as a remedy. Human life was condemned because of sin to unremitting labour and unbearable sorrow and so began to experience the burden of wretchedness. There had to be a limit to its evils; death had to restore what life had forfeited. Without the assistance of grace, immortality is more of a burden than a blessing.

The soul has to turn away from the aimless paths of this life, from the defilement of an earthly body; it must reach out to those assemblies in heaven (though it is given only to the saints to be admitted to them) to sing the praises of God. We learn from Scripture how God's praise is sung to the music of the harp: *Great and wonderful are your deeds, Lord God Almighty; just and true are your ways, King of the nations. Who will not revere and glorify your nature? You alone are holy; all nations will come and worship before you.* The soul must also desire to witness your nuptials, Jesus, and to see your bride escorted from earthly to heavenly realities, as all rejoice and sing: All flesh will come before you. No longer will the bride be held in subjection to this passing world but will be made one with the spirit.

Above all else, holy David prayed that he might see and gaze on this: *One thing I have asked of the Lord, this I shall pray for: to dwell in the house of the Lord all the days of my life, and to see how gracious is the Lord.*

— *St Ambrose, Bishop*

AROUND THE PARISH

Gifts of Treasure

October 26, 2014

With gratitude for the gifts we have received, parishioners and visitors made a joyful return to the Lord.

Total Collection...\$4,656.84

Envelope:\$2,891.00

Plate:\$1,765.84

Total contributing households: 95

Total registered households: 390

5:15 Sat	\$ 677.25
8:30 Sun	\$1,101.06
10:00 Sun	\$1,321.17
11:30 Sun	\$ 619.36
5:15 Sun	\$ 553.00
Mailed in	\$ 385.00

Quarters & Cans: \$977.00

Missions (Propagation of the Faith): \$932.61

Serra Gifts...

**Street Level of
Fr. Serra Hall
619-297-3426**



Open 7 days a week
Monday - Friday 9:00 -4:00
Saturday 10:00 to 4:00
Sunday 9:30 to 3:00

Serra Gifts offers a beautiful assortment of religious items for your home, and for your family and friends

Gifts for special occasions

New items arrive weekly

Remember, your purchases help to support our parish

Now available: Re-usable shopping bags with Immaculate Conception logo.

THANK YOU

FAMILY CATECHESIS

Continues on November 2 from 9:45 - 10:45. Immaculate Conception offers Family Catechesis in the brides' room of the hall to prepare children and parents in the faith. Classes meet every two weeks.

EXPENSES (week of October 20-24)

Computer/Website	\$ 366.00
Groceries	\$ 342.59
Music Ministry	\$ 1,068.12
Supplies-Office	\$ 145.22
Telephone	\$ 122.68
Utilities-Gas&Electric	\$1,290.50

TOTAL: \$ 3,335.21

WELCOME TO IMMACULATE CONCEPTION!

To register at the parish, please fill out the form below, and drop it in the basket or call the office at 295-4141.

NAME _____

STREET _____

CITY/ ZIP _____

PHONE _____



2014 Baptism Schedule

Class: November 3
Baptism: November 8

The Baptism preparation classes are held in Serra Hall on Monday evenings at 7:00 pm.

The Baptisms take place in the church on Sunday afternoons at 2:00 pm.

Please contact Deacon Bob Fitzmorris at
rfitzmor@diocese-sdiego.org

NOTE: No baptisms are scheduled for December.

Centering Prayer

The Immaculate Conception Centering Prayer Group welcomes newcomers to attend and learn the method of Christian contemplative prayer.

Thursday Evening-November 6
Immaculate Conception—Serra Hall
7:00-8:30 pm

AROUND THE PARISH

Parish Calendar

November

1	All Saints Day & Night Fever Old Town Day of the Dead Parish Evangelization	7:00 - 10:00 pm 6:15-10:00 p.m.
2	All Souls Day Old Town Day of the Dead	
3	IC Seniors Luncheon	11:00 p.m.
4	Gentle Stretch Class	5:00 p.m.
5	Choir Practice RCIA	5:30 p.m. 7:00 p.m.
6	Centering Prayer	7:00 p.m.
7	Quilting Boutique Parish Breakfast	8:30 a.m. 9:00 a.m.
11	Parish Finance Council Gentle Stretch Class	4:30 p.m. 5:00 p.m.
12	Choir Practice RCIA	5:30 p.m. 7:00 p.m.
16	Quarters & Cans Sunday	
18	Gentle Stretch Class	5:00 p.m.
19	Choir Practice RCIA	5:30 p.m. 7:00 p.m.
20	Centering Prayer	7:00 p.m.
23	Collection for National Needs	
25	Gentle Stretch Class	5:00 p.m.
26	Choir Practice	5:30 p.m.
27	Thanksgiving Day Parish Office and Gift Shop Closed	
28	Day After Thanksgiving Parish Office Closed - Gift Shop Open	

December

1	I.C. Seniors luncheon	11:00 a.m.
2	Pastoral Council Meeting	6:00 p.m.
3	RCIA	7:00 p.m.

COMMUNICATION CHANGES

The new parish website should be up soon with calendar, bulletins, homilies in .mp3 format, schedules, parish history, church description. Phone system extensions will change also, so please listen to the voice mail.

TIME CHANGED — NOV 2

Clocks should have been set back 1 hour last night.

Virginity for the sake of the Kingdom

1618 Christ is the center of all Christian life. The bond with him takes precedence over all other bonds, familial or social. From the very beginning of the Church there have been men and women who have renounced the great good of marriage to follow the Lamb wherever he goes, to be intent on the things of the Lord, to seek to please him, and to go out to meet the Bridegroom who is coming. Christ himself has invited certain persons to follow him in this way of life, of which he remains the model:

"For there are eunuchs who have been so from birth, and there are eunuchs who have been made eunuchs by men, and there are eunuchs who have made themselves eunuchs for the sake of the kingdom of heaven. He who is able to receive this, let him receive it."

1619 Virginity for the sake of the kingdom of heaven is an unfolding of baptismal grace, a powerful sign of the supremacy of the bond with Christ and of the ardent expectation of his return, a sign which also recalls that marriage is a reality of this present age which is passing away.

1620 Both the sacrament of Matrimony and virginity for the Kingdom of God come from the Lord himself. It is he who gives them meaning and grants them the grace which is indispensable for living them out in conformity with his will. Esteem of virginity for the sake of the kingdom and the Christian understanding of marriage are inseparable, and they reinforce each other:

Whoever denigrates marriage also diminishes the glory of virginity. Whoever praises it makes virginity more admirable and resplendent. What appears good only in comparison with evil would not be truly good. The most excellent good is something even better than what is admitted to be good.

PARISH & COMMUNITY

*Awesome Fabric Arts Group
of Immaculate Conception Church
will be hosting our*
3rd ANNUAL CHRISTMAS BOUTIQUE



**Sunday, November 9th
8:30 am - 12 noon
Serra Hall**

Quilts, aprons, table decor, totes and much more!
Have breakfast and do a little shopping too!

SAVE THE DATE



**Christmas
Candlelight
Concert
& Dinner**

THE IMMACULATE CONCEPTION PARISH

December 12, 2013

Concert Music presented by
Immaculate Conception Choir
at 6:00 pm in the church
Cocktails and dinner to follow in the hall.

...from the Office of Young Adult Ministry

**"Christ the King" Mass
Eucharistic Procession and Adoration
Saturday, November 22nd
6-9pm at Mater Dei High School**

Join others -young and old- for an outdoor Vigil Celebration to honor "Our Lord, Jesus Christ, King of the Universe" at Mater Dei Catholic High School on Saturday, November 22, 2014 from 6 to 9 p.m. The Vigil will include the Celebration of the Eucharist, procession with the Blessed Sacrament and Eucharistic Adoration. Please contact Kimi La Salle for more information 619.507.1990.

EVANGELII GAUDIUM- Pope Francis

24. The Church which "goes forth" is a community of missionary disciples who take the first step, who are involved and supportive, who bear fruit and rejoice. An evangelizing community knows that the Lord has taken the initiative, he has loved us first (cf. *1 Jn* 4:19), and therefore we can move forward, boldly take the initiative, go out to others, seek those who have fallen away, stand at the crossroads and welcome the out-cast. Such a community has an endless desire to show mercy, the fruit of its own experience of the power of the Father's infinite mercy. Let us try a little harder to take the first step and to become involved. Jesus washed the feet of his disciples. The Lord gets involved and he involves his own, as he kneels to wash their feet. He tells his disciples: "You will be blessed if you do this" (*Jn* 13:17). An evangelizing community gets involved by word and deed in people's daily lives; it bridges distances, it is willing to abase itself if necessary, and it embraces human life, touching the suffering flesh of Christ in others. Evangelizers thus take on the "smell of the sheep" and the sheep are willing to hear their voice.

LOVE OUR PRIESTS Prayer Group



Please join us
for a special Mass honoring
**REVEREND
EDWIN TUTOR**
PASTOR
ASCENSION PARISH
SAN DIEGO, CA

*I am the Good Shepherd, I know my sheep, and mine know me.
John 10: 7-10*

MARK YOUR CALENDAR!

DATE: SATURDAY, NOVEMBER 8, 2014
TIME: 10:00 A.M.
PLACE: ASCENSION PARISH
11292 CLAIREMONT MESA BLVD.
SAN DIEGO, CA 92124-1524



*Father Edwin Tutor is the new pastor at Ascension Parish. He is originally from the Philippines. He was incardinated into the Diocese of San Diego in 2007.
Father Edwin will share his interesting journey to the priesthood and how he arrived in the USA.*

**THE MASS WILL BE FOLLOWED BY AN
INFORMAL POTLUCK LUNCHEON**
Bring a friend & a dish to share!

THE ANTIDOTE TO OUR CULTURE'S SEXUAL ANARCHY

—Jerry Newcombe

This culture is obsessed with sex. Even burger ads sometimes use sex to sell their product. Pornography is rampant. Gender confusion rules the day. Some even want laws to let men use the ladies' room. And if you are a pastor and don't agree, they may subpoena your sermons.

Tragically, the church is not immune from sexual problems. Every so often another prominent minister falls publicly because of private sexual sin. Dr. Mark Laaser of *faithfulandtrue.com* says pastors can be vulnerable because of loneliness: "The ministry in whatever denomination or form is sometimes a very lonely profession."

He notes, "Fantasy is the cornerstone of sexual addiction. All sex addicts and all people who get into trouble with adultery, to a certain extent, have problems with fantasy. Fantasy is an attempt by certain addicts to heal any woundedness of their spirit. So if they're lonely, they're going to find a fantasy that helps them feel a lot less lonely."

Dr. Mark Laaser knows firsthand about sexual addiction and healing. By the grace of God, he overcame a 25-year addiction himself and now counsels people in this realm regularly. At his ministry in Minnesota, they even hold treatment workshops that usually last three intense days.

Sexual sin often loses its grip once the light is shone on it. As has been said, sunlight is the greatest disinfectant. Accountability to a trusted source is a key help. I have interviewed Dr. Laaser a few times for Christian radio and television. Here are some of his insights.

He says: "The physical consequences [of sexual addiction] are profound. Most of us have known people who have lost jobs, careers. We work in our ministry with a number of pastors who have fallen, and that's a terrible thing to happen---when you lose in a way, God's calling on your life."

And there are other losses too: "We've had people who spent hundreds of thousands of dollars on sexual activity....We've had men who have actually started robbing banks in order to pay for their prostitution habit. We're seeing a lot of crazy things. People being arrested....People being sued, those kinds of things. And then there's the divorce rate, the broken marriages, broken homes, abandoned children, as a result of sexual addiction. That's all very profound."

He says, "Most sex addicts can trace their addiction back into childhood and adolescence. So it generally starts early and just develops over the course of the life until they are found out."

While leading a secret double life, Dr. Laaser was both a minister and a Christian counselor. When he was exposed in the mid-1980s, he was fired by the church's trustees. But one of them was a recovering alcoholic who had undergone treatment to deal with his problem, and he noted the similarities between his problem (in recovery) and Dr. Laaser's. So he recommended Laaser to be sent to a treatment facility. It turned out to be just what the doctor ordered.

Laaser tells how it all began: "I started looking at pornography at age 11. I got really hooked into that for 25 years following that. That, of course, got progressively worse over time. I mean I needed more and more forms and the volume of that needed to increase in terms of frequency and other kinds of things." He thanks God that he found help before the Internet hit.

He said, "The sex addict will always want more and more of the same thing or more and more of other things to achieve the same effect on their brain. That's the kind of an effect that we call tolerance. Sex addicts build up a tolerance to sex---where they're going to need more excitement, more activity or so forth to have the experience."

He says three myths kept him from seeking help: "The first one was if you professed Christ, God would remove all lust from your heart. The second one was if you go into the ministry, God will prevent you from all sexual temptation. And the third one was that if you get married, and have a regular sexual partner, you'll never have a problem with sexual temptation."

The distortion of sex today is a twisting of God's intentions. Says Laaser: "God's intention for sexuality is that a man and a woman in marriage should be together in a totally spiritually and emotionally intimate relationship first, and then sexuality is an expression of that....it should be self-sacrificing, and it should be our hearts' intention in marriage to give to our partners."

Keeping connected to Jesus is the key. A former homosexual once told me, "I went to sleep one night and was just praying, 'Lord, I can't do this anymore.' And I closed my eyes and I saw a vision of the cross...and I heard that still small voice again say to me, 'Whenever you get tempted to fall, think about the cross, and everything I've done for you.' And in that moment, there was a healing that took place inside of me." That began his new freedom in Christ.

Dr. Laaser concludes, "My heart is to reach out to those who are as lonely as I was---who are as isolated as I was, who are as hopeless as I was. Our ministry's main mission is to reach out to the sexually broken, so they can find a source of strength and hope." As Jesus said of Himself, "If the Son sets you free, you shall be free indeed."