**WEEK 1**

**MONDAY**

**Luke 1:26-28**

In the sixth month, the angel Gabriel was sent from God...to a virgin...And coming to her, he said, “Hail, favored one! The Lord is with you.

**PRAY:**
The Memorare

**REFLECT:**
Mary was conceived without sin and was “full of grace.” Ask Mary to help you grow in holiness.

**DO:**
Receive the Sacrament of Reconciliation before Christmas.

---

**TUESDAY**

**Luke 1:30-31**

Then the angel said to her, “Do not be afraid, Mary, for you have found great favor with God. Behold you will conceive in your womb...Jesus.

**PRAY:**
The Divine Mercy Chaplet

**REFLECT:**
Imagining Mary prayerfully repeating the name of Jesus, accepting and trusting what she had been told. Consider how you can grow in trust.

**DO:**
Dress appropriately at church and teach your children/grandchildren what is appropriate.

---

**WEDNESDAY**

**Luke 1:34**

But Mary said to the angel, “How can this be since I have no relations with a man?

**PRAY:**
The Litany of Loreto

**REFLECT:**
Meditate on the many titles given to Mary

**DO:**
Read more on the Virtue of Trust.

---

**THURSDAY**

**Luke 1:35**

And the angel said in reply, “The Holy Spirit will come upon you and the power of the Most High will overshadow you.

**PRAY:**
Come Holy Spirit, fill the hearts of your faithful...

**REFLECT:**
Mary, by giving her fiat, became the new Ark of the Covenant and the spouse of the Holy Spirit. Listen to and act on the inspirations of the Holy Spirit.

**DO:**
Practice humility by helping someone secretly, without their knowledge.

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**FRIDAY**

**Luke 1:38**

Mary said, “Behold, I am the Handmaid of the Lord. May it be done to me according to your word.”

**PRAY:**
Jesus, meek and humble of heart, make my heart like unto thine.

**REFLECT:**
Consider how you can be more generous.

**DO:**
Give “generously” to CRS through NCCW before year-end.

---

**SATURDAY**

**“The giver of every good and perfect gift has called upon us to mimic His giving”**

St. Nicholas (12/6)
4th century bishop of Myra remembered for his secret gift-giving of gold coins for the dowries of three young girls.

**PRAY:**
A Christmas prayer thanking God for His gift of Jesus

**REFLECT:**
Consider how you can grow in trust.

**DO:**
Make a donation to a Pro-Life pregnancy center.

---

**SUNDAY**

**“She was redeemed in a more exalted fashion, by reason of the merits of her Son.” (CCC 492)**

The Immaculate Conception (12/8)
Mary was conceived without the stain of original sin.

**PRAY:**
The Prophecy Candle represents Hope
### WEEK 2

#### SUNDAY

**Luke 1:39-40**

During those days Mary set out and traveled to the hill country in haste to the town of Judah where she entered the house of Zechariah and greeted Elizabeth.

**DO:** Sign up for the USCCB Walking with Moms In Need program

**REFLECT:** What can I do to support Pro-Life in my world?

**STATION:** The Virgin and Child stamp

**PRAY:**

- The USCCB Prayer for Pregnant Mothers

- The USCCB Creed

#### MONDAY

**Luke 1:41-42**

When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth... cried out...

**REFLECT:** Mary left in haste to visit Elizabeth. Ask Our Mother of Wisdom to help you grow in this virtue to urgently bring Christ to others.

**DO:** Pray over your Christmas cards and send with the Virgin and Child stamp

**PRAY:**

- Meditate on the 2nd Joyful Mystery - The Visitation

- The Memorare

- The Canticle of Mary

#### TUESDAY

**Luke 1:43**

And how does this happen, that the mother of my Lord should come to me?

**REFLECT:** Elizabeth recognized the presence of the Lord in Mary. How do you recognize Christ in others?

**DO:** Distribute Miraculous Medals so Mary can bring everyone to her Son

**PRAY:**

- The Memorare

#### WEDNESDAY

**Luke 1:45**

Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.

**REFLECT:** Elizabeth realized that Mary’s great faith opened her fully to God's grace. How can you grow in the virtue of faith and open yourself to the riches of God's grace?

**DO:** Call a cousin you have not heard from in awhile

**PRAY:**

- The Apostles Creed

#### THURSDAY

**Luke 1:46-47**

And Mary said, “My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior.”

**REFLECT:** Meditate on how God is loving you and making His goodness known to you today.

**DO:** Be a Secret Santa to someone and offer prayers instead of gifts

**PRAY:**

- The Apostles Creed

#### FRIDAY

**Luke 1:46-47**

“I am truly your merciful Mother, yours and all the people who live united in this land.”

**REFLECT:** What can I do to promote peace in the USA and throughout the Americas?

**DO:** Donate your extra coats, hats and gloves to a local charity.

**Our Lady of Guadalupe (12/12)**

Patroness of the Americas and of the Unborn, appeared to a young man in Mexico.

**PRAY:**

- The Canticle of Mary

- Luke 1: 46-55

#### SATURDAY

**Luke 1:39-40**

“In some causes silence is dangerous.”

St. Ambrose (12/7) was astounded how Mary consecrated herself to God. His Marian teachings stem from Mary’s Perpetual Virginity.

**PRAY:**

- The USCCB Prayer for Pregnant Mothers

- The USCCB Creed

**REFLECT:** What can I do to support Pro-Life in my world?

**DO:**

- Sign up for the USCCB Walking with Moms In Need program

**REFLECT:** Elizabeth realized that Mary’s great faith opened her fully to God's grace. How can you grow in the virtue of faith and open yourself to the riches of God's grace?
**WEEK 3**

**SUNDAY**

“*I am nobody, a tiny rope, a small ladder, a leaf.*”
St. Juan Diego (12/9)
A native of Mexico, he is the indigenous saint from the Americas.

**PRAY:**
A Hail Mary for the poor and the conversion of America.

**REFLECT:**
God calls and chooses each of us in the way we will be most pleasing to help others. How are you answering God’s call?

**DO:**
Donate to NCCW Associates - CRS, Cross Catholic (Boxes of Joy)

**MONDAY**

**Luke 1:56**
Mary remained with her about three months and then returned to her home.

**PRAY:**
God the Father, give us the courage to remain steadfast in Your truth and love, even when the world judges us harshly.

**REFLECT:**
Mary courageously faces the scandal caused by her obvious pregnancy. How have you handled situations where you feared the reactions of others?

**DO:**
Learn more about "Friends with Pens" Prison Pen Pal Ministry. (NCCW website under Service)

**TUESDAY**

**Matthew 1:19**
Joseph, her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly.

**PRAY:**
The Divine Mercy Chaplet

**REFLECT:**
Joseph loved Mary and did not want her harmed under the law. How can we extend justice to others by relying on God's mercy?

**DO:**
Send a spiritual bouquet to your Spiritual Advisor and your Pastor

**WEDNESDAY**

**Matthew 1:20**
An angel of the Lord appeared...in a dream and said, “Joseph, son of David, do not be afraid to take Mary as your wife…”

**PRAY:**
The Guardian Angel prayer

**REFLECT:**
Angels played a large role in guiding Mary and Joseph on the right path. When has your guardian angel helped guide you?

**DO:**
Sing or recite “God Bless America”

**THURSDAY**

**Matthew 1:24**
When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife.

**PRAY:**
The Litany of Saint Joseph

**REFLECT:**
Mary honored Joseph's commitment to civic duty for the census even though it was a difficult journey for her. How can you please God by fulfilling your civic duty?

**DO:**
Write a letter to your civic leaders asking them to support life from birth to natural death.

**FRIDAY**

**Luke 2:1,4-5**
...a decree went out...(to) be enrolled...and Joseph too went...to...Bethlehem...with Mary...who was with child.

**PRAY:**
The Morning Offering

**REFLECT:**
Because of his deep concern for souls, St. Francis Xavier struggled to learn local languages. Think about the difficulty to communicate our faith in a foreign land.

**DO:**
Support the Missions

**SATURDAY**

**St. Francis Xavier (12/3)**
One of the first seven members of the Jesuits, he is the patron saint of all missions.

**PRAY:**
The Morning Offering
**Advent Activities**

**WEEK 4**

**Birth of Jesus-Our Savoir is Born!**

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<tr>
<th>SUNDAY</th>
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<tbody>
<tr>
<td></td>
<td>“Whosoever wisely examines the works of God will speedily discover what is next to be done.”</td>
<td>...and she gave birth...in a manger, because there was no room at the inn.</td>
<td>And this will be a sign for you: you will find an infant... lying in a manger.</td>
<td>...and on entering the house they saw the child...and did him homage...and offered him gifts...</td>
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<td>St Thomas Beckett (12/29) Martyred defending the rights of the church against the orders of King Henry II of England.</td>
<td>PRAY: The Serenity Prayer</td>
<td>PRAY: Jesus, meek and humble of heart, make my heart like thine.</td>
<td>PRAY: The Shepherds believed what the angels told them and went to find our Lord. Where do you find our Lord in your life?.</td>
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<td>PRAY: The Litany to Jesus, Hope of the World in NCCW’s “Call to Pray” 1995</td>
<td>REFLECT: Lord, let me trust in your perfect timing in answering my prayers. Meditate on the virtue of patience.</td>
<td>REFLECT: How have you humbled your heart to make room for Jesus?</td>
<td>REFLECT: How are we offering back to God all our talents, time and treasures which He has so graciously given to us?</td>
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<td>REFLECT: What are you doing to build up and support the church in local community?</td>
<td>DO: Light a prayer candle. When you pass the flame during the day offer a short prayer of gratitude.</td>
<td>DO: Donate food your local food shelf.</td>
<td>DO: Tonight, gaze upon the brightest star and prepare to welcome the infant Jesus.</td>
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<td>DO: Make a Donation to your local St. Vincent de Paul Thrift Store.</td>
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"Angel's Candle" represents Peace.