<table>
<thead>
<tr>
<th><strong>SUNDAY</strong></th>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
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<tbody>
<tr>
<td>“She was redeemed in a more exalted fashion, by reason of the merits of her Son.” (CCC 492)</td>
<td>“The angel Gabriel was sent from God...to a virgin... And coming to her, he said, “Hail, favored one! The Lord is with you.”</td>
<td>But Mary said to the angel, “Do not be afraid, Mary, for you have found great favor with God. Behold you will conceive in your womb...Jesus.”</td>
<td>And the angel said in reply, “The Holy Spirit will come upon you and the power of the Most High will overshadow you.”</td>
<td>Mary said, “Behold, I am the Handmaid of the Lord. May it be done to me according to your word.”</td>
<td>“The giver of every good and perfect gift has called upon us to mimic His giving”</td>
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<td><strong>PRAY:</strong> The Memorare</td>
<td><strong>PRAY:</strong> An Act of Contrition</td>
<td><strong>REFLECT:</strong> Imagine Mary prayerfully repeating the name of Jesus, accepting and trusting what she had been told. Consider how you can grow in trust.</td>
<td><strong>REFLECT:</strong> 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.</td>
<td><strong>PRAY:</strong> The Divine Mercy Chaplet</td>
<td><strong>St. Nicholas (12/6)</strong></td>
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<td><strong>REFLECT:</strong> Meditate on the many titles given to Mary</td>
<td><strong>DO:</strong> Dress appropriately at church and teach your children/grandchildren what is appropriate.</td>
<td><strong>DO:</strong> Read more on the Virtue of Trust.</td>
<td><strong>DO:</strong> Practice humility by helping someone secretly, without their knowledge.</td>
<td><strong>DO:</strong> Make a donation to a Pro-Life pregnancy center.</td>
<td>4th century bishop of Myra remembered for his secret gift-giving of gold coins for the dowries of three young girls.</td>
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<td><strong>DO:</strong> Make a spiritual communion this week.</td>
<td><strong>DO:</strong> Receive the Sacrament of Reconciliation before Christmas.</td>
<td><strong>PRAY:</strong> The Litany of Loreto</td>
<td><strong>DO:</strong> Give “generously” to CRS through NCCW before year-end.</td>
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**WEEK 1**

The Annunciation—saying YES to God!

**Advent Activities**

“Prophecy Candle” represents Hope.
**Advent Activities**

**WEEK 2**

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

**TUESDAY**
- **LUKE 1:41-42**
  - When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth cried out... “Most blessed are you among women, and blessed is the fruit of your womb.”

**WEDNESDAY**
- **LUKE 1:43**
  - And how does this happen, that the mother of my Lord should come to me?

**THURSDAY**
- **LUKE 1:45**
  - Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.

**FRIDAY**
- **LUKE 1:46-47**
  - And Mary said, “My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior.”

**SATURDAY**
- **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.

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**SUNDAY**

- **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

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

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

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

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**Saturday**

- **OUR LADY OF GUADALUPE (12/12)**
  - Patroness of the Americas and of the Unborn, appeared to a young man in Mexico.

- **PRAY:** The Apostles Creed

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

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**National Council of Catholic Women**

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- **DO:** Take time to tell someone in your life that you have belive in them

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**Bethlehem Candle** represents Love
**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)

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**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 faced 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)

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**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

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**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 Litany of Saint Joseph

**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”

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**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 Morning Offering

**REFLECT:**
We all have vocations ordained from God—whether married, single or religious. How is God asking you to fulfill your vocation?

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

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**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 Glory Be

**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

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**SATURDAY**

“It is impossible to find a saint who did not take the “two P’s” seriously: prayer and penance.”

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

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

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**Advent Activities**

"Shepherd’s Candle" represents Joy

Journeying with Joseph and Mary!
**WEEK 4**

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

**SUNDAY**

“Whosoever wisely examines the works of God will speedily discover what is next to be done.”

St Thomas Beckett (12/29) Martyred defending the rights of the church against the orders of King Henry II of England.

PRAY: The Litany to Jesus, Hope of the World in NCCW’s “Call to Pray” 1995

REFLECT: What are you doing to build up and support the church in local community?

DO: Make a Donation to your local St. Vincent de Paul Thrift Store.

**MONDAY**

Luke 2:6

While they were there, the time came for her to deliver her child.

PRAY: The Serenity Prayer

REFLECT: Lord, let me trust in your perfect timing in answering my prayers. Meditate on the virtue of patience.

DO: Light a prayer candle. When you pass the flame during the day offer a short prayer of gratitude.

**TUESDAY**

Luke 2:7

...and she gave birth...in a manger, because ther was no room at the inn.

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

REFLECT: How have you humbled your heart to make room for Jesus?

DO: Donate food your local food shelf.

**WEDNESDAY**

Luke 2:12

And this will be a sign for you: you will find an infant... lying in a manger.

PRAY: The Guardian Angel prayer

REFLECT: The Shepherds believed what the angels told them and went to find our Lord. Where do you find our Lord in your life?

DO: Sing “Oh Holy Night”

**THURSDAY**

Matthew 2:11

...and on entering the house they saw the child...and did him homage...and offered him gifts...

PRAY: The Our Father Lord, please continue to guide us to Your perfect light.

REFLECT: How are we offering back to God all our talents, time and treasures which He has so graciously given to us?

DO: Tonight, gaze upon the brightest star and prepare to welcome the infant Jesus.

**FRIDAY**

**Angel’s Candle** represents Peace Birth of Jesus-Our Savoir is Born!