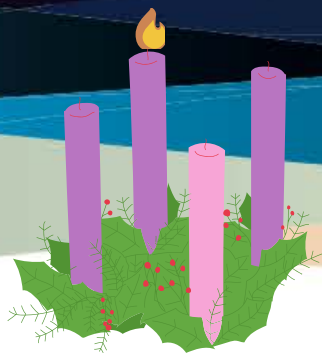


WEEK 1

Advent Activities

The Annunciation-saying YES to God!



"Prophecy Candle" represents Hope

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 Memorare

REFLECT:
Meditate on what it means to be in a state of sanctifying grace.

DO:
Make a spiritual communion this week.

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:
An Act of Contrition

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

DO:
Read more on the Virtue of Trust.

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

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

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:
Meditate on how Mary was chosen above all women but her only desire was to glorify God.

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

SATURDAY

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

St. Nicholus (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 be more generous.

DO:
Give "generously" to CRS through NCCW before year-end.

WEEK 2

Advent Activities

The Visitation -bringing Christ to others!



"Bethlehem Candle" represents Love

SUNDAY

"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

MONDAY

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.

PRAY:
Meditate on the 2nd Joyful Mystery- The Visitation

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

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 ~~PRAY~~womb."
Ten Hail Marys

REFLECT:
Mary was conceived without sin in order to bring Christ into the world. What can I do to bring Christ into the world?

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

WEDNESDAY

Luke 1:43

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

PRAY:
The Memorare

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

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

THURSDAY

Luke 1:45

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

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:
Take time to tell someone in your life that you have believe in them

FRIDAY

Luke 1:46-47

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

PRAY:
The Canticle of Mary
Luke 1: 46-55

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

SATURDAY

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

Our Lady of Guadalupe (12/12) Patroness of the Americas and of the Unborn, appeared to a young man in Mexico.

PRAY:
Pray for the intercession of Our Lady of Guadalupe for peace and blessings for our country.

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.

WEEK 3

Advent Activities

Journeying with Joseph and Mary!



"Shepherd's Candle" represents Joy

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:
Call your local pregnancy center and ask what is needed at this time

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

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

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

DO:
Sing or recite "God Bless America"

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:
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.

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:
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

WEEK 4

Advent Activities

Birth of Jesus-Our Saviour is Born!



"Angel's Candle" represents Peace

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 there 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

Merry Christmas Council Sisters!

