



advent—epiphany journey joyfully

- November 29** **First Sunday of Advent**
Set up your Advent wreath and light the first candle.
- November 30** **Feast of Saint Andrew**
As a family, research and share about Saint Andrew. Have fish for dinner, remembering Andrew as the patron saint of fishermen. Discuss how you can be like him, preparing for the Messiah to come more fully into your life this Advent.
- December 1** In Sunday's Gospel, Jesus said to "watch" and "be ready." Create a special space in your home to welcome the Advent season.
- December 2** Make plans for your family to receive the Sacrament of Penance this Advent.
- December 3** **Memorial of Saint Francis Xavier**
Saint Francis Xavier was a cofounder of the Society of Jesus (also known as the Jesuits). Spend some time today praying the *Examen*, a popular Jesuit form of prayer.
- December 4** In today's Gospel, Jesus helps the blind men. Spend some time thinking about how you can help people in your community this Advent.
- December 6** **Second Sunday of Advent**
Light the second candle on the Advent wreath.
- December 7** **Memorial of Saint Ambrose**
In Sunday's Gospel, we hear about John the Baptist, who tells us that Jesus will baptize with the Holy Spirit, wash away our sins, and make us members of God's family. To make room for Jesus, we need to clean up! Pray together the Act of Contrition, asking for God's forgiveness and help to make things right again.



- December 8** **Feast of the Immaculate Conception**
Today we celebrate Mary having been born without sin. Her heart was ready to birth Jesus, the Son of God. Pray one decade of the Rosary, focusing on the joyful mystery of the Annunciation (Luke 1:26-38). Offer God your heart and trust how God will fulfill your life, like Mary.
- December 10** Read Psalm 85:9-14 as a family. Find or draw a picture of God's Kingdom to display in your Advent space. Share what you can do this Advent to bring forth God's Kingdom.
- December 12** **Feast of Our Lady of Guadalupe**
Many migrants look to Our Lady of Guadalupe as a source of strength and intercession. Take some time today to pray for migrants around the world.
- December 13** **Third Sunday of Advent**
Light the pink-colored candle, a symbol of joy, on the Advent wreath.
- December 15** Identify who is in need within your community and ways your family can provide for those in need. Take some time today to reflect on today's Responsorial Psalm, Psalm 34.
- December 17** Today begins the traditional "O Antiphons" of Advent. Each antiphon is a name of Christ, as mentioned in the Scriptures. Research them, find them on YouTube, and pray with them!
- December 19** This weekend make a plan as a family to perform an important work of mercy by sending Christmas cards to those who are imprisoned.
- December 20** **Fourth Sunday of Advent**
Light the fourth candle on the Advent wreath.
- December 22** Reflect on Sunday's Gospel. How is God calling you to say yes to his call? See ideas on the next page.
- December 24** **Christmas Eve**
Talk about the contrast of light and dark, and the difference the Light of Christ makes in the world. End the day in prayer, around the lighted Christmas tree or candles.
- December 25** **Christmas Day**
Jesus is born! What gifts has God given you? Like the little drummer boy, what gift can you offer Jesus this week? Be sure to thank God today!



- December 26** **Feast of Saint Stephen the Martyr**
Stephen was a deacon who distributed food and aid to the poor. He was also the first saint to be killed for his faith, called a martyr. As you pray for those persecuted for their faith, identify ways you can put your faith into action for justice this week.
- December 27** **Feast of the Holy Family of Jesus, Mary, and Joseph**
Celebrate the gift of your family in a special way today!
- December 28** **Feast of the Holy Innocents**
Remembering the Holy Innocents, pray with your family for other families with young children in your community.
- December 30** To prepare for the Epiphany, stand and pray under the stars. Talk about the trust it must have taken to follow the star over Bethlehem, and what it's like to search for God and find him!
- December 31** **New Year's Eve**
How will you begin this new year? See ideas below.
- January 1** **Solemnity of Mary, Mother of God**
Read and reflect on today's Gospel, Luke 2:16-21, and think about the experiences that you hold in your heart. Remembering Mary as our Mother, pray the Hail Mary as a family.
- January 2** **Memorial of Saints Basil the Great and Gregory Nazianzen**
Saint Basil the Great was dedicated to helping the poor. Find a way to donate goods or your time to a local food shelter.
- January 3** **Epiphany of the Lord**
Talk about the story of the Magi. Dismantle the Advent space and share together about your Advent journey into Christmas. Sing together "We Three Kings" or "Away in a Manger."

Embrace Advent, the beginning of your journey this year! Share with others the Light of Christ in you!

Ideas to begin the New Year

Write to, call, or email a lonely relative weekly • Make peace with someone in your life • Spend some time with someone who needs a friend • Set aside more time each day for prayer and reflection • Read the Bible as a family