

ADVENT 2022

DECEMBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

27

1st Sunday of Advent

Light the first candle on your Advent wreath.

Activity: Have a festive meal with family or friends.

28

Spend a few minutes in silent prayer.

Activity: Make a Jesse tree: bit.ly/2SBn1Le

29

Read passages from a favorite spiritual book.

Activity: Do a secret act of kindness for someone.

30

Pray for a family member or friend going through hard times.

Activity: Donate food to a soup kitchen or pantry for the holidays.

1

Read Matthew 7:21, 24-27 about the man who built his house on rock.

Activity: Listen to someone who needs to talk.

2

Read Matthew 9:27-31, where Jesus heals two blind men.

Activity: Go out with your family to look at Christmas lights and decorations.

3

Go to the sacrament of reconciliation.

Activity: Call an elderly neighbor or send cards to a nursing home.

4

2nd Sunday of Advent

Light your second Advent candle.

Activity: Clean out clutter and donate warm clothing to a homeless shelter.

5

Read Luke 3:1-6, a recounting of the mission of John the Baptist.

Activity: Today is the Feast of St. Nicholas! Have children leave out shoes and put small gifts in them.

6

Read Luke 5:17-26, where Jesus heals the man who was paralyzed.

Activity: Dive into some Catholic literature about a new topic.

7

Read Matthew 18:12-14, where Jesus compares the Father to a good shepherd.

Activity: Send Christmas cards and include your parish priest and local women religious.

8

Solemnity of the Immaculate Conception

Attend Mass to honor this holy day of obligation.

Activity: Celebrate Mary's purity with a meal and dessert of all white foods.

9

Practice patience despite holiday crowds.

Activity: Attend a live Nativity or other Christmas event.

10

Read Matthew 11:16-19, where Jesus hints at his divinity.

Activity: Enjoy the outdoors with family and friends.

11

3rd Sunday of Advent

Light the third candle on your wreath.

Activity: Read James 5:7-10, about patience and waiting on the Lord, a perfect reading for Advent.

12

Feast of Our Lady of Guadalupe!

Activity: It's the feast of Our Lady of Guadalupe! Attend a Guadalupe celebration at a local parish.

13

Feast of St. Lucy, Martyr and Patron of Sight

Activity: Enjoy some traditional Lucia cake with family: bit.ly/2AghSv..

14

Memorial of St. John of the Cross

Activity: Following in St. John's example, deny yourself a small pleasure today and offer it up for the souls in Purgatory.

15

Read Luke 7:18-23, on a conversation between Jesus and his disciples.

Activity: Watch a favorite Christmas movie or TV special.

16

Read Luke 7:24-30, where Jesus speaks of John the Baptist.

Activity: Make Christmas cookies and leave them at the door of a friend or neighbor.

17

Read Matthew 1:1-17, the genealogy of Jesus Christ.

Activity: Sing Christmas carols at home or go caroling outdoors with loved ones.

18

4th Sunday of Advent

Light your final Advent candle.

Activity: Read Matthew 1:18-25, the recounting of Christ's conception and birth.

19

Read Luke 1:39-45, the story of the Visitation of Mary and Elizabeth.

Activity: Go out of your way to do something kind for your parents.

20

Read Luke 1:26-38, about the Annunciation.

Activity: Roast marshmallows and make hot chocolate with family.

21

First day of Winter! Thank God for the beauty of the seasons.

Activity: Clean and prepare your home for holiday celebrations and offer it as a prayer.

22

Read Luke 1:46-56, the Magnificat of Mary.

Activity: Journal about a time you prayed for something and God gave it to you.

23

Read Luke 1:57-66, about the birth of St. John the Baptist.

Activity: Sing Christmas carols at home or go caroling outdoors with loved ones.

24

Christmas Eve

Attend a children's Mass or go to Midnight Mass.

Activity: Light candles and pray in front of the Nativity scene in your home.