

# Advent Calendar

Advent is considered penitential and calls Catholics to prepare for the great solemnity of Christmas. It is a time to remember the promise of Jesus' second coming and lessen the influences of the world so our minds and hearts are more focused on God.

Use this calendar to help you pray through Advent, by participating in the acts of prayer, sacrifice and service in each box. You can simply hang it up in your office or kitchen or cut out each box and include with your traditional Advent calendar!

**1**  
Pick a saint this week to read about and ask for their intercession

**2**  
Fix a little extra during a meal to offer to a friend or neighbor

**3**  
Take a moment to reflect on today's Mass readings

**4**  
Meditate on the Joyful mysteries of the Rosary

**5**  
Message or call someone to say hello and ask how you can pray for them

**6**  
Make a plan to receive the Sacrament of Confession before Christmas Day

**7**  
Pray for another's intentions and offer up labors as you work or do chores

**8**  
Add an extra person to your Christmas card mailing list

**9**  
Plan a rosary walk this week, or sit and practice the prayers if you are learning

**10**  
Try going without sweets, extra pleasures, or large meals today

**11**  
Light a candle at church for an intention of your own or for a friend

**12**  
Sign up or plan to do some volunteer or service work at your parish

**13**  
Plan to spend time this week in Adoration or praying in front of the tabernacle

**14**  
Take a moment to reflect on today's Mass readings

**15**  
Hanging decorations? Say a short prayer as you place each one

**16**  
Pray for another's intentions and offer up labors as you work or do chores

**17**  
Try going without sweets, extra pleasures, or large meals today

**18**  
Take a moment to reflect on today's Mass readings

**19**  
Light a candle at church for an intention of your own or for a friend

**20**  
Grocery shopping? Place some extra goods in your cart to drop off at a food pantry

**21**  
Message or call someone to say hello and ask how you can pray for them

**22**  
Plan a rosary walk this week, or sit and practice the prayers if you are learning

**23**  
Fix a little extra during a meal to offer to a friend or neighbor

**24**  
Read and meditate on the story of the Nativity