



Advent is a time of expectant waiting and hopeful anticipation before Christmas

11 Ways to Deepen Your Faith and Prepare Your Heart for Jesus' Coming

We live in a goal-oriented society, and in this case, Christmas is the end zone that we're running toward at breakneck speed, hardly looking at what's going on along the sidelines. But our faith beckons us to stop the madness, to stop the running, to focus on the journey as much as the destination. And to do that the Church gives us the four-week season of Advent, with its beautiful interplay of darkness and light, with its scriptural focus not only on the coming of the Christ Child but on the second coming of Jesus Christ, and with its quiet but constant insistence that we prepare — not just for a day but for a lifetime, and for the next life.

1. Attend Morning Mass, Wednesday, Thursday and Friday at 8:30.
Pray the Rosary before Mass at 8 on Wednesday and Friday.
Participate in Morning Prayer at 8:15 on Thursday.
2. Attend Tuesday Evening Mass. December 5 – 6 pm, December 12 and 19 – 7 pm.
3. Experience the closeness of Jesus in Eucharistic Adoration.
 - Tuesday, December 12 and 19 after 7 pm mass (7:30 - 8:30).
4. **PREPARE - Personal Reflection – Eucharistic Adoration - REconciliation**
Get away from the rushing and busyness and take a break with the Lord in quiet time.
Saturday mornings from 9 to Noon. Drop in and spend whatever time you need.
 - Dec. 9 - Adoration, Personal Reflection (9 – Noon). Reconciliation (11 am – Noon).
 - Dec. 16 - Adoration, Personal Reflection (9 – Noon). Reconciliation (11 am – Noon).
 - Dec. 23 - Adoration, Personal Reflection (9 – Noon). Reconciliation (11 am – Noon).
5. Receive the Sacrament of Reconciliation. Individual reconciliation during Eucharistic Adoration times:
 - Dec. 9 (11 am – Noon).
 - Dec. 12 (7:30 pm – 8:30).
 - Dec. 16 (11 am – Noon).
 - Dec. 19 (7:30 pm – 8:30).
 - Dec. 23 (11 am – Noon).
6. Add some joy for our neighbours at Benson Manor on Monday, December 4 at 7 pm. Join with our good friends from the Rosemont Area Ecumenical Committee to sing Advent carols, followed by a social time. Bring a plate of goodies to share.

7. Make a donation to the Social Justice Christmas Food Voucher program to provide grocery gift cards for the less fortunate. Special envelopes will be available. Please return by Sunday, December 17 either in the collection basket or to the office.

8. Take a tag from the Giving Tree and purchase a gift for a girl, boy, woman or man to be given to someone in need in our community. The key to gift choice is "Would I appreciate this gift?" Please return by Sunday, December 17.



9. Use the Little Blue Book as your companion for the Advent and Christmas Seasons. Pick up one in the Welcoming Area. Suggested donation \$1.

The book travels easily in your pocket, purse or backpack. The goal is to find 6 minutes of quiet time every day to walk through the book a page at a time. Six minutes. That's within reach. And it pays big returns. Reflect on the Gospel passages assigned for weekday Masses with explanation and reflections.

10. Arrive at weekend mass 15 minutes before the hour for a time of quiet reflection. A slide show with reflections and thoughts will play before mass. This is a special time to help us focus on the mystery of the Eucharist and get closer to the Lord.

Please limit your conversation during this period.

11. Pray the 9 Day Novena. Members of our Colombian community invite you to experience a tradition dating from the 1700s and passed from generation to generation. The Novena is a devotion consisting of prayers said every day from December 16 to 24. The prayers tell what happened during the 9 month pregnancy of the Virgin Mary and Joseph.

Each gathering for prayer is in the evening and lasts about 30 minutes. This is a wonderful family spiritual event. Children of all ages are most welcome.

- Saturday, Dec. 16, 6:00.
- Sunday, Dec. 17, 6:30.
- Monday, Dec. 18, 6:30.
- Tuesday, Dec. 19, 6:30.
- Wednesday, Dec. 20, 6:30.
- Thursday, Dec. 21, 6:30.
- Friday, Dec. 22, 6:30.
- Saturday, Dec. 23, 6:00.
- Sunday, Dec. 24, 6:00.



Advent Photo Challenge Continues

Here's how you can participate:

- Take a photo (or hey, many photos!) about **any or all** of the themes.
- **Text it to Ray at 306-536-8920 or email adventphoto@stcecregina.com before Saturday of each week.**

December 2 to 8

Mary, angel, candles, who inspires you, warm beverage. Send before December 9.

December 9 to 15

Wreath, seasonal selfie, winter activity, decorations, Christmas card. Send before December 16.

December 16 to 22

Wrapping paper, candy canes, Christmas lights, Christmas tree, poinsettia. Send before December 23.

