



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

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

The song, "It's the Most Wonderful Time of the Year" can already be heard in department stores, but sometimes we can feel that this is the most stressful time of year! We want to have the Christmas cards in the mail, gifts purchased, and the house ready for guests, but often we feel less than prepared when Christmas rolls around. When it comes to preparing our hearts to receive Christ anew, it is interesting that the prophet Isaiah does not say, "Prepare a perfect place for the Lord," or "Prepare a long list of good things done for the Lord," but rather he says, "Prepare the way of the Lord."

Jesus longs for you to prepare a way for Him this Advent, by simply giving Him permission to enter into your heart. And that's a reason to sing!

Spend a few moments in silence with Jesus sharing with Him your heart's desire this Christmas.

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 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. 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. 12 (7:30 pm – 8:30).
 - Dec. 16 (11 am – Noon).
 - Dec. 19 (7:30 pm – 8:30).
 - Dec. 23 (11 am – Noon).

6. 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.
7. 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.
8. 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.
9. 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.

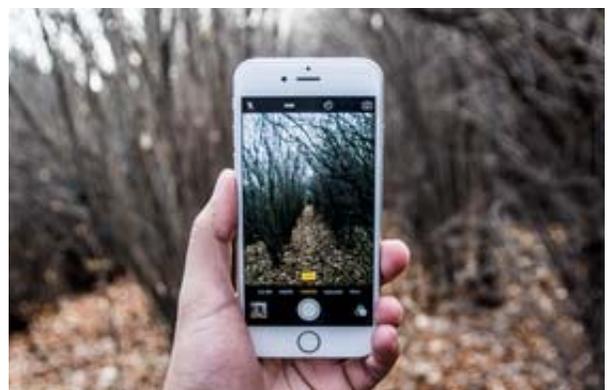
- Saturday, Dec. 16, 6:00.
- Sunday, Dec. 17, 6:30.
- Monday, Dec. 18, 6:30.
- Tuesday, Dec. 19, 6:30.
- Wednesday, Dec. 20, 6:30.
- Thursday, Dec. 21, 6:30.
- Friday, Dec. 22, 6:30.
- Saturday, Dec. 23, 6:00.
- Sunday, Dec. 24, 6:00.



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 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.