

FORMED[®]

The Catholic Faith. On Demand.

Discover thousands of books, audio talks, movies, documentaries, and studies... there is something for everyone to grow closer to Christ and His Church.

- Free unlimited access.
- St. Cecilia parish is pleased to give you a free subscription.

1. Go to stcecregina.formed.org
2. Follow the steps for Create a New Account and enter your name and email address.
3. You're ready to access over 4,000 titles - now available on almost any device.

FORMED PICKS – FIRST WEEK OF ADVENT - DECEMBER 1 - 7

1

1ST SUNDAY OF ADVENT

Study: Lectio Mary, Episode 1 The New Eve

Kids: Brother Francis Advent

Listen: Prepare the Way of the King

3

SAINT FRANCIS XAVIER

Kids: Francis Xavier and the Samurai's Lost Treasure

Listen: Holiness is Always in Season

6

SAINT NICHOLAS

Watch: Saint Nicholas: The Real Story

Kids: Nicholas: The Boy Who Became Santa

7

SAINT AMBROSE

Watch: Restless Heart

Listen: The Restless Flame

Sign up for free!

FIRST WEEK OF ADVENT CHECKLIST

- ☑ Use the **LITTLE BLUE BOOK** as your companion for the Advent and Christmas Seasons. Pick up one in the Welcoming Area. Suggested donation \$2.

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.

- ☑ **BEST ADVENT EVER.** A free daily video program (sent straight to your email) that will help you prepare for Christmas like never before! You'll receive short, inspirational videos each day to help you slow down, think and pray. Sign up at dynamiccatholic.com
- ☑ **ADVENT MADE SIMPLE.** This Advent do something simple that changes your life. Join a free daily video program for short video reflections from top Catholic speakers with prayers and reflections to help you grow in your faith. Sign up at adventmadesimple.com
- ☑ **ADVENT WITH RICHARD ROHR.** You're invited to celebrate the joyous season of Advent with Richard Rohr! Each day of Advent receive Scripture readings, prayers, and meditations on this joyful season from the book *Preparing for Christmas: Daily Meditations for Advent*, by Fr. Richard Rohr, OFM. Sign up for free at info.franciscanmedia.org and search for Rohr
- ☑ Add some joy for our neighbours at Benson Manor on Monday, December 2 at 7 pm. Join with our good friends from the Rosemont Area Ecumenical Committee for an **ADVENT SING-A-LONG**, followed by a social time. Please bring a plate of goodies to share.
- ☑ Attend **MORNING MASS**, Wednesday (St. Francis School Library), Thursday and Friday at 8:30. Participate in Morning Prayer at 8:15 on Thursday. Pray the Rosary before Mass at 8 on Friday.
- ☑ Experience the closeness of Jesus in **EUCCHARISTIC ADORATION**. Individual reconciliation is available during Adoration.
 - Friday, December 6 after 8:30 am Mass (9 – 10).
 - Saturday, December 7 (11 am – Noon).

