



# EMBRACING ADVENT

## PRAYER, PENANCE, & the POOR GET OFF OF THE WHEEL!

### the POOR

FOCUS LESS ON BUYING "STUFF"  
FOR PEOPLE WHO DO NOT REALLY NEED IT  
"PAINFUL" GENEROSITY...  
OR HUNGRY BENEVOLENCE  
DO YOUR HOMEWORK  
AND GIVE "TILL IT STINGS A BIT"

"EMBRACING THE LEPER"...  
**TOUCHING**... soup kitchen, parish outreach..

### PRAYER

DAILY QUIET TIME [ESPECIALLY IN HOLY COMMUNION]

READ THROUGH ANTICIPATORY SCRIPTURE PASSAGES... [LK 1:1—80 & MT 1:18—25]  
*see also many OT passages on website*

**READ... REFLECT... RESPOND... RECEIVE... RESOLVE!**  
LECTIO      MEDITATIO      ORATIO      CONTEMPLATIO      GET TO IT!

ROSARY: JOYFUL MYSTERIES DAILY... AT LEAST 1 DECADE! KEEP IT WITH YOU!  
...OR, IF YOU ARE FEELING MORE "ADVENTUROUS"... "ADVENT MYSTERIES"  
KEEP IT WITH YOU AND QUIETLY PLACE YOUR HAND ON IT  
WHEN YOU FEEL OVERWHELMED

**SECURE A QUIET CORNER/OASIS...FIND AND "MOUNT" AN IMAGE WHICH INSPIRES  
YOU AND SETS THE TONE FOR THE SEASON AND LIGHT A CANDLE BEFORE IT  
WHILE YOU ARE THERE**

### PENANCE

**NOT JUST ABOUT "GIVING UP" FOOD & "stuff"  
MOST IMPORTANT ELEMENT OF ADVENT IS TO BE SURE TO  
ALLOW YOURSELF TO BE EMBRACED BY JESUS' MERCY IN  
THE SACRAMENT OF PENANCE [CONFESSION...RECONCILIATION]**

#### FOOD

FRIDAY ABSTINENCE [BUT NOT REQUIRED DURING ADVENT]  
DESSERTS  
JUNK FOOD  
DINING OUT  
TRY: HEALTHY FOOD, PORTION CONTROL





**DRINK**

GIVE UP ALCOHOL-- — [OR IF YOU'RE IRISH, PERHAPS TRY 1/2 GLASS PER "EVENT"]  
SOFT DRINKS  
[COFFEE]

**ENTERTAINMENT**

"TECHNOLOGY FAST"  
NEWS  
TELEVISION, MOVIES, "SURFING THE NET"  
MUSIC

**SLEEP & EXERCISE**

RESOLVE TO GIVE YOUR BODY WHAT IT NEEDS

**EXCEPTIONS**

WOMEN PREGNANT OR NURSING  
HEALTH ISSUES  
COLD  
EXTRAORDINARY SITUATIONS [Holy Flexibility]

**READING**

SCRIPTURE OR SPIRITUAL CLASSIC

**PARTICULAR FAULTS**

INTENSIFIED FOCUS... "Full-court Press" ON YOUR  
"USUAL SUSPECTS" [GOSSIP, DRIVING, SELFISHNESS]

**HOLY FLEXIBILITY**

**GAUDETE SUNDAY, FEASTS & SOLEMNITIES":**

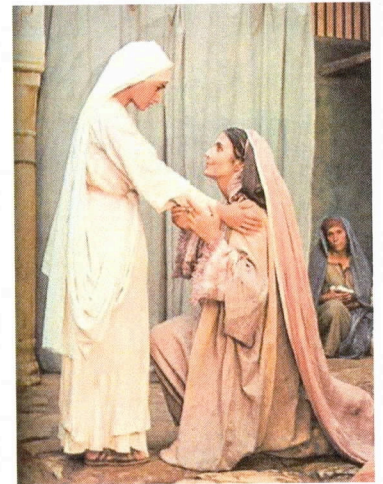
**PLAN YOUR OAISES** [AKA "CHEATS"]

GAUDETE SUNDAY, IMMACULATE CONCEPTION,  
OL GUADALUPE

**THE "KEEPER"**

WHEN **CHRISTMASS** COMES...  
NOT "WHEW, ENOUGH OF THAT!"  
FEAST BOLDLY... THEN  
HOLD ON TO **ONE** OF THOSE RESOLUTIONS!

**MOST IMPORTANT LONG TERM OBJECTIVE...  
INCREASING DEVOTION BY A "HALF STEP" ...  
AND THEN HOLDING THE GROUND!**



YOU WILL FIND ITEMS OF INTEREST ON WEBSITE  
[heartofcatechesis.org](http://heartofcatechesis.org)

FOR MORE INFORMATION ABOUT OUR DIOCESE OF ARLINGTON'S  
**SAN DAMIANO RETREAT CENTER**, GO TO ...  
[arlingtondiocese.org/retreat](http://arlingtondiocese.org/retreat)

**MARY CHRISTMASS!**