

**First
week of
Advent**

H

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P

E



*“Oh Come,
Oh Come,
Emmanuel”*



Hope



Peace



Joy



Love

Pray

Prayer for the week:

*“May the God of **HOPE** fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in Hope.”* Rm. 15:13

Act

Good Deeds for Christ:

- Smile at everyone you see.
- Donate to a charity you believe in.
- Print out inspirational quotes and post them where you or someone else can see them.
- Leave a positive comment on a blog or website you enjoy.
- Encourage someone to pursue one of their goals.
- Make a new friend.
- Pray for someone.
- Visit someone in the nursing home.

“Your deeds may be the only sermon some person hears today.”

St. Francis Assisi

Think

Saints/Feasts/Traditions:

St. Nicholas, December 6th:

The feast of St. Nicholas, the patron saint of children, falls during the Advent season. This feast day is an especially exciting one for children as they count down the days on their Advent calendars in anticipation of Christmas Day.

An Advent tradition for St. Nicholas Day is for kids to leave their shoes out overnight in front of a fireplace or outside their bedroom doors so that St. Nicholas can fill them with special treats. It is also a time as we prepare our homes and hearts for the great Feast of Christmas.

Immaculate Conception, December 8th:

The church celebrates the feast of the Immaculate Conception, the patroness of the United States. The feast is a Holy Day of Obligation celebrating the belief that Mary was without sin from the moment she was conceived. The day itself does not have anything to do with Advent, but was chosen as the date nine months from the date the church celebrates Mary's birth.