



Walk with others during Advent

DECEMBER

SUNDAY

1 Choose someone to pray for throughout the Advent season. Ask God for opportunities to share the faith with that person in the coming weeks.

8 Introduce yourself to someone you don't know after Mass; make an effort to say hi next time you see that person.

15 Include a small prayer card or saint medal in gifts you prepare for others.

22 Visit or call someone who has recently lost a loved one, listen to them and pray for – or with – them.

MONDAY

2 Do something kind for a neighbor, like raking leaves or inviting them for coffee.

9 *SOLEMNITY OF THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY*
Make a meal for a family that recently had a baby or donate diapers to a diaper bank, maternity home or other agency.

16 Display Catholic art in your home. This can open the door to conversations about faith.

23 Take a walk and pray the Rosary for someone.

TUESDAY

3 Participate in the #iGiveCatholic campaign by donating to a parish, school or ministry that shares the Gospel.

10 Invite someone to go with you for quiet time in eucharistic adoration.

17 Bring cookies or sing carols to residents of a nursing home.

24 Look for opportunities to share about your own faith journey in ordinary conversations at holiday gatherings.

WEDNESDAY

4 Write a note thanking someone who has walked with you on your faith journey.

11 Participate in a Giving Tree and pray for the person who will receive your gifts.

18 Volunteer your time to prepare food or serve dinner to people who are unhoused.

25
NATIVITY OF THE LORD


THURSDAY

5 Invite someone to an Advent event at your parish or the Advent Day of Reflection with Archbishop Rozanski at 1 p.m. Dec. 7 at the Cathedral Basilica of Saint Louis.

12 Go out of your way to be kind to retail and delivery workers.

19 Listen to religious music while baking cookies with children or friends.

FRIDAY

6 Celebrate St. Nicholas Day with small gifts for your family, or bring treats for your coworkers. Explain what the feast day celebrates.

13 Go to confession. Invite your spouse, child or a friend to go, too.

20 Invite someone to join you for Christmas Mass and make plans to spend time with them before or after.

SATURDAY

7 Call a friend you haven't spoken to in a while. Ask how you can pray for them this week.

14 Pray around an Advent wreath each night with your family.

21 Write a letter to your parent or grandparent telling them how much you appreciate something they did.

>> Feast of the Immaculate Conception

The Feast of the Immaculate Conception on Monday, Dec. 9, is a holy day of obligation. Catholics are required to attend Mass for the feast day, which celebrates the Blessed Mother's conception without sin (not Jesus' conception — that's celebrated on the Annunciation). Mary, under the title of her Immaculate Conception, is the patroness of the United States.

The Immaculate Conception is typically celebrated on Dec. 8, but since Dec. 8 falls on the Second Sunday of Advent, the solemnity is transferred to the next day this year. Previously, when the date of a holy day of obligation was transferred, the obligation to attend Mass was removed. But earlier this year, Bishop Thomas J. Paprocki, chairman of the USCCB Committee on Canonical Affairs and Church Governance, clarified with the Vatican the guidelines to follow when such a situation arises in Advent, Lent or Easter.

While some dioceses in the U.S. have dispensed the faithful from the obligation to attend Mass, the obligation remains in place in the Archdiocese of St. Louis.