



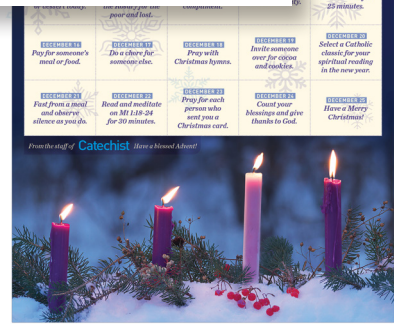
# An Advent Calendar for Adults

A free, downloadable resource

FROM THE CATECHIST STAFF

**A**dvent is a four-week period of increased prayer and preparation before Christmas. We are well acquainted with the practice of employing Advent calendars with children to build anticipation for Christmas. Why should children have all the fun? Using an Advent calendar for grown-ups can be a simple way for busy people to keep the season holy. It can be a daily call to simple fasting, prayer, or almsgiving to better prepare to receive the coming of Christ at Christmas.

1. Print out all needed pages for the Advent Calendar at [Catechist.com/Advent19](http://Catechist.com/Advent19).
2. To make a traditional Advent Calendar with windows covering each day, print both the window page and the calendar page. Cut along the gray dotted lines on the window page to create the window openings. Finally, put the window page over the calendar page and fold back the window each day during Advent.
3. Option 1: Do not use window page and simply print and hang the calendar page.
4. Option 2: Use the blank template to create your own calendar.



*“Do justice ... love goodness ... walk humbly with your God.”*

(Micah 6:8)

# ADVENT 2019

DEC. 1	DEC. 2	DEC. 3	DEC. 4	DEC. 5
DEC. 6	DEC. 7	DEC. 8	DEC. 9	DEC. 10
DEC. 11	DEC. 12	DEC. 13	DEC. 14	DEC. 15
DEC. 16	DEC. 17	DEC. 18	DEC. 19	DEC. 20
DEC. 21	DEC. 22	DEC. 23	DEC. 24	DEC. 25

From the staff of **Catechist** Have a blessed Advent!



# ADVENT 2019

**DECEMBER 1**

*Read and meditate on Mt 24: 37-44 for 15 minutes.*

**DECEMBER 2**

*Fast from social media today.*

**DECEMBER 3**

*Feast of St. Francis Xavier; donate to Catholic missionaries.*

**DECEMBER 4**

*Smile at everyone you meet today.*

**DECEMBER 5**

*Plan and mark the date for your next confession.*

**DECEMBER 6**

*Feast of St. Nicholas; donate to Toys for Tots or a parish collection.*

**DECEMBER 7**

*Volunteer at a soup kitchen or shelter.*

**DECEMBER 8**

*Read and meditate on Mt 3:1-12 for 20 minutes.*

**DECEMBER 9**

*Feast of the Immaculate Conception; go to Mass.*

**DECEMBER 10**

*Write and send an encouraging note to someone.*

**DECEMBER 11**

*Fast from snacks or dessert today.*

**DECEMBER 12**

*Feast of Our Lady of Guadalupe; pray the Rosary for the poor and lost.*

**DECEMBER 13**

*Offer someone a sincere compliment.*

**DECEMBER 14**

*Donate a coat and gloves to charity.*

**DECEMBER 15**

*Read and meditate on Mt 11:2-11 for 25 minutes.*

**DECEMBER 16**

*Pay for someone's meal or food.*

**DECEMBER 17**

*Do a chore for someone else.*

**DECEMBER 18**

*Pray with Christmas hymns.*

**DECEMBER 19**

*Invite someone over for cocoa and cookies.*

**DECEMBER 20**

*Select a Catholic classic for your spiritual reading in the new year.*

**DECEMBER 21**

*Fast from a meal and observe silence as you do.*

**DECEMBER 22**

*Read and meditate on Mt 1:18-24 for 30 minutes.*

**DECEMBER 23**

*Pray for each person who sent you a Christmas card.*

**DECEMBER 24**

*Count your blessings and give thanks to God.*

**DECEMBER 25**

*Have a Merry Christmas!*

From the staff of **Catechist** *Have a blessed Advent!*

