

# ADVENT 2019

<p><b>DECEMBER 1</b> <i>Read and meditate on Mt 24: 37-44 for 15 minutes.</i></p>	<p><b>DECEMBER 2</b> <i>Fast from social media today.</i></p>	<p><b>DECEMBER 3</b> <i>Feast of St. Francis Xavier; donate to Catholic missionaries.</i></p>	<p><b>DECEMBER 4</b> <i>Smile at everyone you meet today.</i></p>	<p><b>DECEMBER 5</b> <i>Plan and mark the date for your next confession.</i></p>
<p><b>DECEMBER 6</b> <i>Feast of St. Nicholas; donate to Toys for Tots or a parish collection.</i></p>	<p><b>DECEMBER 7</b> <i>Volunteer at a soup kitchen or shelter.</i></p>	<p><b>DECEMBER 8</b> <i>Read and meditate on Mt 3:1-12 for 20 minutes.</i></p>	<p><b>DECEMBER 9</b> <i>Feast of the Immaculate Conception; go to Mass.</i></p>	<p><b>DECEMBER 10</b> <i>Write and send an encouraging note to someone.</i></p>
<p><b>DECEMBER 11</b> <i>Fast from snacks or dessert today.</i></p>	<p><b>DECEMBER 12</b> <i>Feast of Our Lady of Guadalupe; pray the Rosary for the poor and lost.</i></p>	<p><b>DECEMBER 13</b> <i>Offer someone a sincere compliment.</i></p>	<p><b>DECEMBER 14</b> <i>Donate a coat and gloves to charity.</i></p>	<p><b>DECEMBER 15</b> <i>Read and meditate on Mt 11:2-11 for 25 minutes.</i></p>
<p><b>DECEMBER 16</b> <i>Pay for someone's meal or food.</i></p>	<p><b>DECEMBER 17</b> <i>Do a chore for someone else.</i></p>	<p><b>DECEMBER 18</b> <i>Pray with Christmas hymns.</i></p>	<p><b>DECEMBER 19</b> <i>Invite someone over for cocoa and cookies.</i></p>	<p><b>DECEMBER 20</b> <i>Select a Catholic classic for your spiritual reading in the new year.</i></p>
<p><b>DECEMBER 21</b> <i>Fast from a meal and observe silence as you do.</i></p>	<p><b>DECEMBER 22</b> <i>Read and meditate on Mt 1:18-24 for 30 minutes.</i></p>	<p><b>DECEMBER 23</b> <i>Pray for each person who sent you a Christmas card.</i></p>	<p><b>DECEMBER 24</b> <i>Count your blessings and give thanks to God.</i></p>	<p><b>DECEMBER 25</b> <i>Have a Merry Christmas!</i></p>