



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]

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** [CONFESS...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]

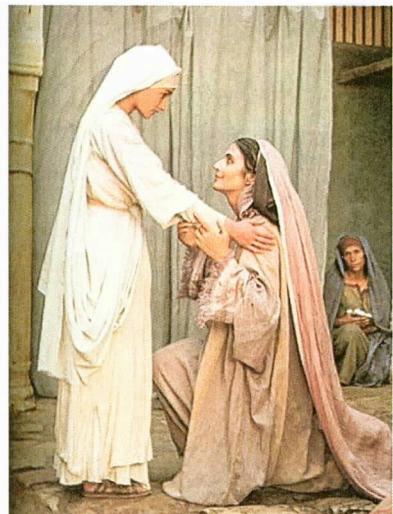
HOLY FLEXIBILITY

GAUDETE SUNDAY, FEASTS & SOLEMNITIES":

PLAN YOUR OASES [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 MAY FIND ITEMS OF INTEREST ON WEBSITE
findingjesusinthe4gospels.org

FOR MORE INFORMATION ABOUT OUR DIOCESE OF ARLINGTON'S
 SAN DAMIANO RETREAT CENTER, GO TO ...

arlingtondiocese.org/retreat



MARY CHRISTMASS!