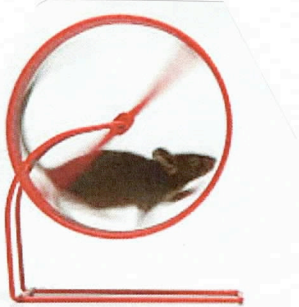




EMBRACING ADVENT

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 [CONFESSION...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

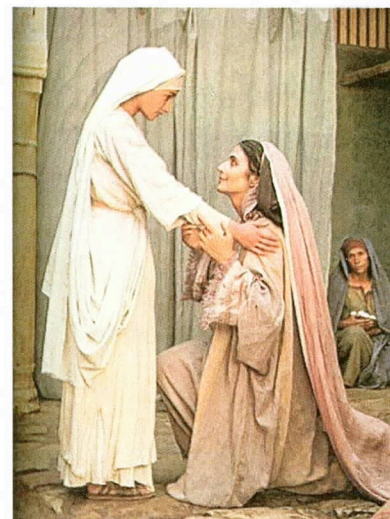
GAUDETE SUNDAY, FEASTS & SOLEMNITIES:

PLAN YOUR OAISES [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

findingjesusinthegospels.org

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

arlingtondiocese.org/retreat



MARY CHRISTMASS!