

# Spirituality Commission Report

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## SOMETHING FOR ADVENT

Looking for something to do for Advent that's simple and doesn't take a long time? Pray for your Priest, Bishop, and Pope. Pray, also, for our Spiritual Advisors.

As you pray The Our Father, say the name of the person you are praying for when you come to, "give us this day." Say, "give Pope Francis (or other name) this day his daily bread, and forgive him his trespasses, as he forgives our trespasses, and lead him not into temptation, but deliver him from evil. Amen." Mention each one individually.

Also pray for your loved ones using the Hail Mary. When you come to "Holy Mary, Mother of God, add your loved one's name: pray for NAME now and at the hour of his/her death. Amen." For a deceased loved one, you say, "pray for NAME at the hour of their death and now. Amen."

It's quite simple, and you can do this even before you get out of bed in the morning! You will soon find other people, situations, things, and problems to pray for. Have a Blessed Advent!