

Spirituality Commission Report

December 2015

Preparing for Advent

In preparing ourselves for the birth of Jesus, we might like to think about something special that we could do. Perhaps we could do extra Scriptural reading at a particular time each day. Or, maybe we could refrain from one food that we like to munch on that's not exactly good for us. Don't just accumulate it until Christmas ; stop eating it! Choose something else that's good for you to replace it if you really have to.

Here is an Advent prayer that I found from Loyola Press back in 2012, that you could say each day. It's short and easy to learn. I hope you enjoy it as much as I do. Have a joyous Advent!

God of Love,
Your Son, Jesus, is your greatest gift to us.
He is a sign of your love.
Help us walk in that love during the weeks of Advent,
As we wait and prepare for his coming.
We pray in the name of Jesus, our Savior.
Amen.

Mary Stasek
Spirituality Chair