ADVENT 2019

Daily Mass Readings and Reflections for the Sacred Season



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Salvation Is Near The day is at hand; put on the armor of light. *Romans 13:11-14*	**2** Lord, Heal Me Lord, I am not worthy, but say the word and I will be healed and forgiven. *Matthew 8:5-11*	**3** Branch of Jesse A branch from the stump of Jesse will bear fruit. *Isaiah 11:1-10*	**4** I Have Compassion Jesus had compassion on the crowds that followed him. *Matthew 15:29-37*	**5** In Perfect Peace Trust in the Lord God, your everlasting rock, forever. *Isaiah 26:1-6*	**6** The Lord Is My Light Wait for the Lord, be strong, let your heart take courage. *Psalm 27:1, 4, 13-14*	**7** Weep No More You shall hear a word: "This is the way; walk in it." *Isaiah 30:19-21, 23-26*
8 For Our Instruction Through the encouragement of Scripture, we have hope. *Romans 15:4-9*	**9** Woman's Offspring The woman's offspring will bruise the serpent's head. *Genesis 3:9-15, 20*	**10** Comfort My People Make straight in the desert a highway for our God. *Isaiah 40:1-11*	**11** Bless His Holy Name The Lord is merciful, abounding in steadfast love. *Psalm 103:1-4, 8, 10*	**12** I Will Bless You In you all the families of the earth shall be blessed. *Genesis 12:1-7*	**13** Peace Like a River The Lord leads you in the way you should go. *Isaiah 48:17-19*	**14** Elijah Has Come Elijah has come, and he will restore all things. *Matthew 17:9a, 10-13*
15 Go and Tell John The poor have the good news preached to them. *Matthew 11:2-11*	**16** A Star Shall Come A star shall come out of Jacob, a scepter out of Israel. *Numbers 24:2-7, 15-17a*	**17** The Lion of Judah The Lion of Judah holds the scepter, the ruler's staff. *Genesis 49:2, 8-10*	**18** Call His Name Jesus Call him Jesus, for he will save his people from their sins. *Matthew 1:18-25*	**19** Filled With the Spirit John will turn many in Israel to the Lord their God. *Luke 1:5-25*	**20** The Throne of David The Lord will give him the throne of his father David. *Luke 1:26-38*	**21** Blessed Are You Elizabeth exclaimed, "Blessed are you among women." *Luke 1:39-45*
22 The Son Is the Sign The virgin shall bear a son and call him Emmanuel. *Isaiah 7:10-14*	**23** His Name Is John Zechariah's tongue was loosed, and he blessed God. *Luke 1:57-66*	**24** Prepare His Way The sunrise will give light to those who sit in darkness. *Luke 1:67-79*	**25** Go to Bethlehem Let us go to Bethlehem and see what has happened! *Luke 2:15-20*	**This will be a sign for you: you will find an infant wrapped in swaddling cloths and lying in a manger.** – Luke 2:12		

By Carol Geisler. Design by Jamie Wyatt. Image: iStock. © 2019 Creative Communications for the Parish, a division of Bayard, Inc. 1564 Fencorp Dr., Fenton, MO 63026. www.creativecommunications.com. 800-325-9414. All rights reserved. Printed in the USA. APAY

A Season of Hope

Preparing our hearts—what does it mean? Our heart is where we hold what we believe, which affects our choices, our emotions, our passions. So the question really is — do we let Jesus be the center of what we believe at Christmas time and do we let that change our life?

Advent is a time to focus on who Jesus is, what he has done, and how that has changed our lives. If we are to be sincere in preparing our hearts for the coming King we need to keep in balance the physical aspects of our celebrations with the spiritual.

- Is our to-do list so long that we don't make time for maintaining our personal relationship with Jesus?
- Is it so important to have everything right, that we forget to share the real story with our children?
- Do we get too focused on food, the decorations, and the gifts that we forget about Jesus in the true celebration of Christmas?

This Advent, help prepare your heart for Jesus by praying:

Dear Lord,

in this season of Advent, inspire us to be a people of hope.

Encourage us not to be greedy for material possessions, but for justice and truth.

Enflame us with a love for others, which crosses boundaries of race, religion and nationality.

Stir within us an appreciation of the immense beauty of the earth.

Be with us, Lord, at this time, that we may be a people of hope. Amen

ADVENT WREATH



"Customarily the Advent Wreath is constructed of a circle of evergreen branches into which are inserted four candles. According to tradition, three of the candles are violet and the fourth is rose. However, four violet or white candles may also be used.

The rose candle is lit the third Sunday of Advent, for this color anticipates and symbolizes the Christmas joy announced in the first word of the Entrance Antiphon: "Rejoice" (Latin, Gaudete). For this reason the Third Sunday is also called Gaudete Sunday, and rose color vestments are permitted.

The Advent Wreath represents the long time when people lived in spiritual darkness, waiting for the coming of the Messiah, the Light of the world. Each year in Advent people wait once again in darkness for the coming of the Lord, His historical coming in the mystery of Bethlehem, His final coming at the end of time, and His special coming in every moment of grace.



How to Prepare for Advent

- **Re-order your life's priorities. Don't over commit.**
- **Add more time to your prayer life and take time away from other activities such as T.V., computer games, the internet, shopping.**
- **Start an Advent tradition with your family. Pray together. Use the advent wreath and pray before meals.**
- **Make plans to attend our Day of Confession (see above) - convenient times to fit all schedules. Make regular use of the sacrament of reconciliation—Saturdays at 3:00 PM in the Cathedral.**
- **Follow the scriptural readings for the season of Advent, you can find them on the front page of the bulletin.**
- **Attend mass when possible.**
- **Spend time in Adoration with Jesus**

Longing - Watching - Waiting!