

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 1ST SUNDAY OF ADVENT</p> <p>Bless the Wreath; light 1 candle</p>  <p>What do I do to "inherit the great promise in which now we dare to hope?"</p> <p>[from Preface I for Advent]</p>	<p>4 Advent Weekday</p> <p>What must I do so that I may be more "worthy" to have the Lord Jesus, truly present in the Most Holy Eucharist, "enter under my roof?"</p> <p>[from today's Gospel: Matthew 8:5-11]</p>	<p>5 Advent Weekday</p> <p>How do I prepare myself to be fed with Christ's Most Sacred Body and Precious Blood: the "food of spiritual nourishment?"</p> <p>[from today's Prayer after Communion]</p>	<p>6 Saint Nicholas, Bishop Patron of Children</p> <p>Pray for the childlike faith and grace to accept what Jesus solemnly declared: "My flesh is true food ... my blood is true drink."</p> <p>[John 6:55]</p>	<p>7 Saint Ambrose, Bishop & Doctor of the Church</p> <p>What am I doing to help myself and others to be "prepared for the delights of the eternal banquet?"</p> <p>[from the Prayer after Communion for the Mass in honor of Saint Ambrose]</p>	<p>8 THE IMMACULATE CONCEPTION OF THE BVM</p> <p>What am I doing to "heal the wounds of that fault" from which our Blessed Mother was preserved?</p> <p>[from today's Prayer after Communion]</p> <p>Holy Day of Obligation</p>	<p>9 Saint Juan Diego Cuauhtlatoatzin</p> <p>Saint Juan Diego scaled rocky hills and endured ridicule to practice his faith; what excuses do I use to keep my faith private, miss holy Mass, or not receive Eucharist?</p>
<p>10 2ND SUNDAY OF ADVENT</p> <p>Light 2 candles</p>  <p>Do I let any "earthly undertaking hinder" me as I "set out in haste to meet" Jesus in the Eucharist?</p> <p>[from today's Collect]</p>	<p>11 Advent Weekday</p> <p>As that paralyzed man's friends 'took off the roof' to bring him to Jesus, who needs you to physically or spiritually bring them to holy Mass?</p> <p>[from today's Gospel: Luke 5:17-26]</p>	<p>12 Feast of Our Lady of Guadalupe</p> <p>As countless multitudes see Our Lady's presence in a simple Mexican tilma or tunic, what do I do to more clearly see Christ truly present in the Eucharist?</p>	<p>13 Saint Lucy, Virgin & Martyr</p> <p>Make at least one 'visit' to the Blessed Sacrament before this year runs out! "Come to me ... and I will give you rest..."</p> <p>[from today's Gospel: Matthew 11:28-30]</p>	<p>14 Saint John of the Cross, Priest & Doctor of the Church</p> <p>How do I "imitate what we now enact:" the "mysteries of the Lord's Passion" - which we do at holy Mass?</p> <p>[from the Prayer over the Offerings for the Mass in honor of Saint John of the Cross]</p>	<p>15 Advent Weekday</p> <p>Do I allow Jesus to "change [my] mortal [body] to conform with his glorified body?"</p> <p>[from today's Communion Antiphon Cf. Philippians 3:20-21]</p>	<p>16 Advent Weekday</p> <p>Do I use the graces I receive through the Most Holy Eucharist to help me be "shown to be [a child] of light?"</p> <p>[from today's Collect]</p>
<p>17 3RD SUNDAY OF ADVENT</p> <p>Gaudete Sunday</p> <p>Light a rose-colored & 2 other candles</p>  <p>Come often to Him who "has filled the hungry with good things."</p> <p>[from today's Psalm: Luke 1:53]</p>	<p>18 O Sacred Lord of Israel, who Gave the Law to Moses</p> <p>Am I faithful to the Commandment to "Keep holy the Lord's Day" and the Church precept to "regularly receive Eucharist" when possible?</p>	<p>19 O Flower of Jesse's Stem</p> <p>Does today's Responsorial Psalm refrain: "My mouth shall be filled with your praise, and I will sing your glory!" aptly describe my participation at holy Mass?</p> <p>[from today's Responsorial Psalm 71:3-4a, 5-6ab, 16-17]</p>	<p>20 O Key of David, Controlling the Gate of Heaven</p> <p>From what areas in my life have I 'locked God out of,' rendering Jesus unable to assist me with my woes?</p> <p>[from today's 'O Antiphon' above, for December 20]</p>	<p>21 O Radiant Dawn Splendor of Eternal Light</p> <p>Who needs me to reflect the Light of Christ into their life - and how will I do it?</p> <p>[from today's 'O Antiphon' above, for December 21]</p>	<p>22 O King of all the Nations; O Keystone of the Mighty Arch of Man</p> <p>What can I do in these hectic days so that Jesus may find me more "watchful in prayer and exultant in his praise?"</p> <p>[from Preface II for Advent]</p>	<p>23 O Emmanuel & Savior Come and Set Us Free</p> <p>How do I show my appreciation for the honor of being "nourished with these heavenly gifts" - like the great gift of Eucharist?</p> <p>[from today's Prayer after Communion]</p>
<p>24 4TH SUNDAY OF ADVENT</p> <p>Light all 4 candles</p>  <p>Do I pray daily "The Angelus," which is from today's Gospel and begins: "The Angel of the Lord declared unto Mary..."?</p>		<p>26 SAINT STEPHEN, THE FIRST MARTYR</p> <p>Pray for all who suffer ridicule, persecution or martyrdom because of their Faith as we honor Saint Stephen, Protomartyr and the Patron Saint of Deacons.</p>	<p>27 SAINT JOHN, APOSTLE AND EVANGELIST</p> <p>As a New Year's resolution, read Chapter 6 of Saint John's Gospel: the Bread of Life Eucharistic Discourse. "I am the Bread of Life!"</p>	<p>28 THE HOLY INNOCENTS</p> <p>Pray for the innocent victims of abortion and for the forgiveness of all who terminate life in the womb, that they be reconciled to God and to His Church.</p>	<p>29 Fifth Day within the Octave of Christmas</p> <p>When I receive Eucharist, do I "recognize in him God made visible" so I can be "caught up through him in love of things invisible?"</p> <p>[from Preface I for the Nativity of the Lord]</p>	<p>30 Sixth Day within the Octave of Christmas</p> <p>How can the "newness of the Nativity in the flesh of [God's] Only Begotten Son" rekindle a true, childlike Joy of Christmas in my heart and mind?</p> <p>[from today's Collect]</p>
<p>31 THE HOLY FAMILY OF JESUS, MARY AND JOSEPH</p> <p>Simeon and Anna made going to Temple to worship a regular routine; is that true for me and my family?</p> <p>[from today's Gospel: Luke 2:22-40]</p>	<p>1 The Blessed Virgin Mary Holy Mother of God New Year's Day 2024</p> <p>How will I let the Mother of God and Mother of the Church help me in 2024?</p> <p>[based on today's Prayer after Communion]</p>	<p>2 Sts Basil/Gregory Nazianzen Bishops/Doctors of the Church</p> <p>Does my "partaking at the heavenly table" better help me "preserve in integrity the gift of faith?"</p> <p>[from today's Prayer after Communion]</p>	<p>3 Holy Name of Jesus</p> <p>Do I confess my sins so "the Lamb of God, who takes away the sin of the world" can pardon all my sins?</p> <p>[from today's Gospel: John 1:29-34]</p>	<p>4 Saint Elizabeth Ann Seton</p> <p>Does "the power at work in this sacrifice" enable me to be "more deeply inserted" into Christ as it helped Mother Seton?</p> <p>[from today's Prayer over the Offerings]</p>	<p>5 Saint John Neumann, Bishop</p> <p>Does the Eucharist help me "remain constantly in the Church by the bond of unity and truth?"</p> <p>[from today's Prayer after Communion]</p>	<p>6 Vigil of the Epiphany</p> <p>After meeting Jesus, the Magi "departed for their country by another way." How will this Christmastime change how I do things?</p> <p>[from today's Gospel: Matthew 2:1-12]</p>

Each day, prayerfully reflect on these Mass-based quotes or references; use them to help you sow the seeds, planted during holy Mass, more deeply in your mind and heart, words and deeds!