

December: Let us pray for the grace for the power to rejoice in my union with God.

December is dedicated to Advent and the coming of Christ. This refers to the preparation for the celebration of remembering Christ's birth over 2000 years ago, but also the prayerful, spiritual preparation for the second and final coming of the Lord.

Let's prepare our hearts for Advent with joy, peace and the "true giving" the Lord calls us to do. Let's have Advent be not about the presents we purchase, but about our presence to each person we encounter.

Let's focus on how the Holy Family celebrated Advent by increasing our prayer time and by giving to those in need. Let's give joy, encouragement and hope to all we meet by not allowing ourselves to get into the busyness of Christmas, but into the true Spirit of Christmas- the Love of the Lord!

Ideas:

Put out your advent wreath on your dining table and light it each night making an effort to eat as a family.

Simplify by giving each child only 3 gifts like Jesus received from the Magi.

Adopt a family in need, pray for them each day as a family and have your children go and shop for them with you.

Go to nursing home and visit the elderly.