

Advent: make room for hope

Start with the week you are in. These are optional home activities, not liturgical requirements. Check dates and Mass times with your parish; use battery candles around young children.

Week 1 / Begin simply

☐ **Choose a prayer place**

Put a Bible or simple cross where you can pause together.

☐ **Name a hope**

Share a hope for the coming weeks; private prayer is welcome.

☐ **Make a little room**

Set aside one unnecessary commitment if your circumstances allow.

Week 2 / Listen and respond

☐ **Read the Annunciation**

Read Luke 1:26-38 and talk about Mary's response to God.

☐ **Ask what is needed**

Contact a parish collection or charity before choosing a gift.

☐ **Make a Confession plan**

Check parish times and use a gentle preparation guide if you need one.

One thing to carry into the next week

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Continue at your own pace. These are invitations, not a test to complete.

Week 3 / Notice joy

☐ **Begin with gratitude**

Name one quiet kindness from the week.

☐ **Send encouragement**

Write to someone who may feel overlooked.

☐ **Leave space for sorrow**

Pray for people who find this season difficult; do not require cheerful sharing.

Week 4 / Welcome Christ

☐ **Read the Nativity**

Read Luke 2:1-20 slowly, over more than one sitting if helpful.

☐ **Plan Christmas Mass**

Confirm parish times, transport and accessibility needs.

☐ **Keep one good habit**

Choose a practice small enough to continue after Christmas.

One thing to carry into the next week
