

# Advent Feast Days



## December 6: *St. Nicholas Day*

- **Learn** about this 3<sup>rd</sup> Century bishop at [The St. Nicholas Center](#).
- Have kids **put their shoes/stockings by the fireplace**/front door the night before. Fill them with chocolate coins, candy canes, fruit, nuts or other gifts.
- Make a homemade **card to mail your own bishop**, assuring him of your prayers.
- As patron of bakers, honor St. Nicholas by **starting your Christmas baking** – and in the spirit of the saint’s hidden generosity, **secretly deliver** the goodies to neighbors.
- As patron of children, honor St. Nick by asking the **children’s hospital** if there is anything they need – toys, cozy stockings, or hospitality items for the families of sick kids.
- **Recite ‘Twas the Night Before Christmas**. Add a [St. Nicholas prayer](#) to mealtime grace.



## December 8: *The Feast of the Immaculate Conception*

- [Review this teaching](#) of our faith and explain it to your kids.
- **Clean your house together**, reflecting on Mary’s clean heart ready to receive Jesus.
- **Place an image of Mary on your dining table**. **Light a white candle** as a symbol of her purity. Light as many of **your family’s Baptismal candles** as you can find: a symbol of how God cleanses our souls in Baptism so we, too, can welcome Jesus with pure hearts.
- Do an [examination of conscience](#) and [act of contrition](#). Renew your commitment to **living like Mary**, with a heart open to the Holy Spirit and his promptings at all times.
- **Clean your house together**, reflecting on Mary’s clean heart ready to receive Jesus.
- **Wear white** and/or eat **white food** (potatoes, white cake etc.) as a symbol of Mary’s purity.
- Learn the [history](#) of how the Immaculate Conception became **patroness of the U.S.A.**, and **pray a family rosary for our country**.



## December 12: *Our Lady of Guadalupe*

- **Learn** the [story](#) of Mary’s apparition to St. Juan Diego in Mexico in the 16th century. This children’s [lesson](#) includes an explanation of the symbolic imagery. Here is a [coloring page](#). This 2 minute [video](#) shows people celebrating in Mexico City. Our Lady of Guadalupe is patroness of the Americas.
- **Place an image of Our Lady of Guadalupe** in a prominent place for the day.
- Cook a **Mexican meal** together (such as [tostadas](#) and [guacamole](#)) or eat out.
- **Ask someone with Mexican heritage** how they celebrate this feast or how to pray the Hail Mary in Spanish. **If you ARE Hispanic, share the richness of your traditions** with others. Maybe drop off images of Our Lady of Guadalupe to neighbors. Include a small bag of Mexican treats, well-wishes, and a smile. Even non-Catholics won’t refuse!
- **For further adult reading**, look at [Science Sees What Mary Saw From Juan Diego’s Tilma](#).
- **For more ideas** on how to celebrate: though written for a Covid year, this list of [10 things](#) to do at home is true to Mexican tradition; this [creative post](#) is a mom’s take, very kid-friendly.



## December 13: *St. Lucy*

- [Learn](#) about St. Lucy and the traditions associated with her feast day.
- **Serve sweet rolls for breakfast, purchased or [homemade](#).** A Norwegian tradition has the eldest daughter bring sweet rolls to her family in the morning, wearing a wreath with candles on her head – as the saint brought food to early Christians in the catacombs.
- As Lucy’s name means light, **start turning on your Christmas lights** each night beginning on her feast day, eat **dinner by candlelight**, or take a **drive to look at Christmas lights**.
- **Wear red**, the color of those martyred for their faith in Jesus, and ask St. Lucy’s prayers for all those in the world **persecuted** for their faith even today.
- As patroness of eyes, honor St. Lucy by **donating used eye-glasses** to the Lions Club, or **look up a local institute for the blind** and learn how you can help.

