

# Living ADVENT

## Feast Days During Advent

On top of the normal advent celebrations, don't forget to celebrate these special feast days that occur during Advent this year.



### DECEMBER 6: ST. NICHOLAS DAY

- Learn about this 3rd 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 the [teaching of the Immaculate Conception](#) with 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.
- Wear white and/or eat white food (white cake, white rice, 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.
- See if your parish is having an festival or celebration in honor of Our Lady of Guadalupe!
- Place an image of Our Lady of Guadalupe in a prominent place for the day.
- Cook a Mexican meal together (such as [tostadas](#) or [sopapillas](#)) or order take-out from a local, Mexican restaurant.
- 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. Consider dropping off images of Our Lady of Guadalupe to neighbors and include a small bag of Mexican treats, well-wishes, and a smile.
- For further adult reading, look at ["Science Sees What Mary Saw From Juan Diego's Tilma"](#).



## 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.

