

SUN	MON	TUES	WED	THUR	FRI	SAT
2 I say to you... stay awake (Mk. 13:37) Look out and be attentive	3 I will come myself and cure him (Mt. 8:7) Go out of your way to help someone	4 The cow and the bear make friends (Is.11:7) Make an effort with a stranger	5 How many loaves have you? (Mt. 15:34) Count your blessings and share them	6 The Lord is the everlasting rock (Is. 26:4) Be strong for someone else	7 Mary, do not be afraid (Lk.1:30) Face bravely your worst fears	8 You received without charge (Mt.10:8) Be generous with your time and gifts
9 My prayer is that your love for each other may increase more and more (Philippians 1:9) Show kindness to a neighbour	10 Your sins are forgiven you (Luke 5:20) Plan your Christmas Confession	11 Console my people, console them (Is 40:1) Be a comfort to those who suffer	12 He gives strength to the wearied (Is 40:29) Accept the help that God offers	13 If anyone has ears to hear let them listen (Mt 11:15) Sit quietly and let God speak	14 I lead you in the way you should go (Is 48:17) Let me each day find your path	15 His word burned like a torch (Sirach 48:1) Sit and rest with this phrase today
16 He will rejoice over you with gladness (Zeph 3:17) Celebrate your gifts	17 May he defend the poor of the people (Ps.71) Support the SVP	18 Emmanuel a name which means 'God with us' (Matt 1:24) Connect with the God within you	19 Do not be afraid, your prayer has been heard (Luke 1: 13) Welcome the unexpected	20 Let what you have said be done to me (Luke 1:38) Practice acceptance	21 The child in my womb leapt for joy (Luke 1:44) Say a prayer for the unborn	22 The hungry he has filled with good things (Luke 1:53) Give a Trócaire Christmas Gift

**Morning Star, come and enlighten those who live in darkness (O Antiphon)**

**Put a candle of welcome in your window**