

FAMILY FAITH FORMATION THIS DECEMBER:



REFOCUSING ON THE SACRAMENTS AND LIVING OUT OUR FAITH IN THE HOME

This December we are focusing on living out the Catholic faith as a family. We are excited to support you on this journey! We are reminded that this starts out with living a life in the Sacraments—going to Mass at least every week and going to Confession monthly. This is how we are fed, restored, and inspired as Catholics. We also want to help you live out the faith life in your own homes. This December may be the quietest December you can remember, but it has the potential to be one of the most beautiful and fruitful Decembers of your life. Let's run to the sacraments together, fill our homes with intentional love, find new ways to celebrate feast days, and prepare for the great feast of Christmas! Jesus, Mary, and Joseph, pray for us!



Experience the Sacraments

Reconciliation

HNOJ is offering the Sacrament of Reconciliation at various times throughout the month of December.

Come as a family to receive the Sacrament on Dec. 1, 15, and 22 from 7-9 pm.

Dec. 5, 12, and 19 at both 8:30 am and 3:30 pm.

Adoration

Come adore Jesus as a family! Tuesdays from 7-9 pm in the church.

Mass

Recommit to going to Mass every week! Mass is the most important time we will ever spend in our lives.

Truly. As Catholics we prioritize worshiping God because it is at the Mass where we let God restore, heal, and nourish us with his very body, blood, soul, and divinity. Attending Mass is not about how much we "get out of it", its about coming to worship God who has given us the incredible gift of life. We were made to worship the one whom our heart was made for.

Mass times:

Saturday: 5 PM.

Sunday: 8:30 AM, 10:30 AM, and 5:30 PM.

Daily Mass: 8:00 AM Monday-Friday.

Christmas Eve Mass times: 2, 4, 6, 9 pm.

**online registration required to attend Christmas Eve.*

Pre-recorded Mass is posted every Sunday on our website at: <https://www.hnoj.org/mass-online>

"The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Messiah and Lord."

- Luke 2: 10-11

Advent Family Prayers and Activities



We know some of these things may feel overwhelming. Praying as a family may be uncomfortable if you have never done it. Maybe you yourself have fallen out of the habit of praying. We want you to know we are here to support you. We will be sending out videos and easy to follow resources showing you how to do some of these Advent activities. Taking time this Advent to gather intentionally as a family to practice your faith is what we are asking, even if it is a struggle or new for your family. Start by setting aside that time and doing something simple. Maybe picking one or two things from the list below is your family's starting point.

Commit to Praying together every day as a family! Here are some ideas!

"Advent increases our hope. A hope which does not disappoint. The Lord never lets us down."

- Pope Francis

- **Pray together as a family:** Keep it super simple. Gather at a set time and say a single Our Father, Hail Mary, or Glory Be. Keeping things simple helps them us to stay committed to the prayer practice together!
- **Pray with Gratitude:** Pray together by sharing something you are grateful for, something or someone you want to pray for, and an Our Father and Hail Mary every night before bed.
- **Take on more of a prayer challenge:** Commit to praying a family Rosary or decade of the rosary, morning offering at breakfast, doing a family devotional book together, or journey through Advent with a daily reflection.
- **Focus on Jesus's Birth:** Set up your Nativity Scene in a prominent place in your home.

- **Wait for Jesus:** Don't put Jesus in your Nativity set until Christmas Eve to remember that we are celebrating Advent until the evening of December 24.
- **Light Advent Candles on an Advent Wreath:** Pull out your Advent Wreath or buy one! Light the candles every night at dinner. Focus on having intentional, no media and no cell phone family dinners. Focus on asking each other intentional questions at the dinner table.
- **Try a new tradition:** In place of Elf on a shelf consider having the wise men from a Nativity scene travel from a set location in your house towards the Nativity Scene and Jesus. Each night they can move a little further. It's more focused on our movement towards Jesus during Advent.
- **Advent Angels:** Draw names in your family, and whoever you pick, spend your Advent doing acts of kindness, writing little notes, and helping them grow in their faith. It's time to get creative!
- **Celebrate Feast Days:** In Dec. we have many feast days. Celebrate these in a special way. For example, Feast of St. Nicholas Dec. 6, The Immaculate Conception—Holy Day of Obligation Dec. 8, Feast of Our Lady of Guadalupe Dec. 12.

December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1st Sunday of Advent Light a purple candle symbolizing Hope		1	2	3 Memorial of St. Francis Xavier	4	5
6 2nd Sunday of Advent & Feast of St. Nicholas Light a second purple candle symbolizing Faith	7 Memorial of St. Ambrose	8 Solemnity of the Immaculate Conception <i>*Holy Day of Obligation</i>	9 Memorial of St. Juan Diego	10	11 Memorial of St. Damasus I	12 Feast Day of Our Lady of Guadalupe
13 3rd Sunday of Advent Light the rose candle symbolizing Joy	14 Memorial of St. John of the Cross	15	16	17 Beginning of the "O Antiphons" evening prayer	18	19
20 4th Sunday of Advent Light the fourth candle symbolizing Peace	21 Memorial of St. Peter Canisius	22	23 Memorial of St. John of Kanty	24 Christmas Eve <i>*See page 1 for Mass times.</i>	25 The Nativity of the Lord - Christmas Octave of Christmas	26 Feast Day of St. Stephen Octave of Christmas
27 Feast Day of the Holy Family Octave of Christmas	28 Feast Day of the Holy Innocents Octave of Christmas	29 Memorial of St. Thomas Becket Octave of Christmas	30 Octave of Christmas	31 Memorial of St. Sylvester I Octave of Christmas		