

Advent Reflections to Prepare for Christmas

Offer each day in honor of an aspect of the Divine Infancy, and gently repeat an aspiration throughout the day.

December 16 The Incarnation: "Behold I come to do thy will, O God." Hebrews 10:7 ~ *May Thy will, not mine be done!*

December 17 The Visitation: Jesus, hidden in the womb of His holy Mother, sanctifies St. John the Baptist in the womb of St. Elizabeth. ~ *Jesus, beginning Thy work as Redeemer in the womb of Mary, have mercy on us!*

December 18 The First Beats of the Sacred Heart: Reflect on the infinite love of Jesus for His Father, and also for you! ~ *Most Sacred Heart of Jesus, make my heart like unto Thine!*

December 19 The Complete Dependence of Jesus upon Mary: May Our Lady form us also into the likeness of Christ. ~ *Jesus, nourished by the substance and blood of Thy Most Holy Mother, I adore Thee!*

December 20 The Joy He gives to His Mother by His first felt Movements: When we are sad, remembering Mary's joy can lift our spirits. ~ *Jesus, everlasting delight of Heaven, leaping from Eternity into time, be our Joy!*

December 21 The Patience of the Infant Jesus: Reflect on the burning desire of Jesus to redeem us, and yet He will wait 33 more years before culminating His mission on the Cross! ~ *Jesus, most patient, have mercy on us!*

December 22 The Helplessness of Christ in the womb: Offer Him your own powerlessness. ~ *Jesus, I trust in Thee!*

December 23 The Journey to Bethlehem: "He came unto His own, and His own received Him not." John 1:11 ~ *Come to me, my Jesus, there is room in my heart for Thee!*

December 24 The Nativity: Allow nothing today to cause you to doubt God's infinite love for you. ~ *Jesus, King of Love, I place my trust in Thy merciful goodness!*

You can continue this practice through the 12 Days of Christmas, until the traditional date of Epiphany, January 6th

December 25: The Adoration of Mary and Joseph ~ *Sweet Heart of Mary, be my salvation! Teach me to adore Thy Son.*

December 26: The Adoration of the Angels ~ *Jesus, Joy of the Angels, have mercy on us!*

December 27: The Adoration of the Shepherds ~ *Jesus, Good Shepherd, keep us safe in Thee!*

December 28: The first shedding of the Precious Blood at the Circumcision ~ *Blood of Christ, save me!*

December 29: He is given the Holy Name of Jesus ~ *Jesus, be Thou Jesus my Savior, now and at the hour of my death!*

December 30: The Presentation ~ *Jesus, offering Thyself to the Heavenly Father, have mercy on us!*

January 1: The Adoration of the Magi ~ *My God, I believe, I trust, I adore, and I love Thee!*

January 2: The Flight into Egypt ~ *Help us, St. Joseph, in our earthly strife, ever to lead a pure and blameless life!*

January 3: The Slaughter of the Holy Innocents ~ *Through the sign of the Cross, deliver us, O our God, from our enemies!*

January 4: His First Steps ~ *Heart of Jesus, burning with love for us, set our hearts on fire with love of Thee!*

January 5: His First Words ~ *Speak, Lord, Thy servant is listening!*

January 6: The Holy Family at Nazareth ~ *Jesus, Mary, and Joseph, I love You! Save souls!*

Special Intention:

Remember that you can now send in your intentions online at our website carmeloftraversecity.org/christmas-novena/
and also that we can send our mailings to your email address if you prefer.

May God bless you and give you a holy Advent! —your Carmelite Sisters

Christmas Novena

December 16—24

Prayer after 7:30 a.m. Mass
each day



*Most Blessed Virgin Mary,
the power of the Holy Spirit prepared in your womb
a holy dwelling place for the Christ Child.
Intercede for me now so that I may be purified
and become worthy to receive your Son,
my Lord and Savior, at Christmas.
I long to be an instrument in God's hands,
always willing, prepared, and ready for use.
Like you, may I be receptive
to the call of grace. Amen.*

Christmas at Carmel

Christmas : Midnight Mass at 12:00 a.m.
followed by the Dawn Mass

Christmas Morning Mass at 9:00 am;
Rosary and Benediction 5:00pm

December 26—28: Mass 8:00am; Rosary and Benediction
5:00pm

New Year's Eve: Holy Hour 7:00pm

New Year's Day: Mass 9:00am; Rosary and Benediction 5:00pm

January 4th ~ Feast of the Infant of Prague:

Children's Blessing plus Rosary and Benediction at 5:00pm.

*"Mary is the mighty
mother of the Almighty."*

—Pope Leo XIII

"Before bedewing the whole earth, he saturated the fleece; being to redeem the human race, he heaped up in Mary the entire ransom. O Adam, say no more: 'The woman whom thou gavest me offered me the forbidden fruit;' say rather: 'The woman whom thou gavest me has fed me with a fruit of blessing.' With what ardor ought we to honor Mary, in whom was set all the fullness of good! If we have any hope, any saving grace, know that it overflows from her.... Take away the material sun from the world: what would become of our day? Take away Mary, the star of the vast sea: what would remain but obscurity over all, a night of death and icy darkness? Therefore, with every fiber of our heart, with all the love of our soul, with all the eagerness of our aspirations, let us venerate Mary; it is the will of him who wished us to have all things through her." St. Bernard

-please detach here-

Sisters, please bring my intentions to the Christmas Novena

- ☐ Church Leaders ☐ Family ☐ Conversion ☐ Our Country ☐ Vocations ☐ Triumph of the Immaculate Heart of Mary
☐ Thanksgiving ☐ Financial Aid ☐ Respect for All Human Life ☐ Deceased Spouse _____
☐ Special Intention on back →

For the intentions of _____

In Memory of _____

Name _____ Street _____

City _____ State _____ Zip Code _____

☐ I will need a receipt for my income tax.