

## December Feast Days

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- 8 Solemnity of the Immaculate Conception
- 9 St. Juan Diego
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- 13 St. Lucy
- 14 St. John of the Cross
- 21 St. Peter Canisius
- 23 St. John of Kanty
- 25 The Nativity of the Lord
- 26 St. Stephen
- 27 St. John the Apostle
- 28 The Holy Innocents
- 29 St. Thomas Becket
- 31 St. Sylvester I

Pray for us!

## Advent Feast Days



Hope Peace Joy Love

### *December 6th: St. Nicolas*

St. Nicholas was a bishop in 3rd century Turkey. He is remembered for helping the poor and sick. The most famous story of St. Nicholas is about him secretly leaving money for the three daughters of a poor man to provide dowries for them. He threw three bags of gold coins in the window of their home, and the coins landed in the girls' stockings, which were hung by the fire to dry. The real St. Nicholas is the origin of various Santa Claus traditions around the world.

- Exchange Christmas stockings on St. Nicholas's feast day.
- Leave gold chocolate coins (like he gave) and candy canes (like his bishop's crosier) in the shoes of your loved ones.

### *December 7th: St. Ambrose*

St. Ambrose was a 4th Century Bishop from Milan. He was also an lawyer, influenced church prayer through chant and antiphons, and was part of the conversion of St. Augustine. A legend says that when he was an infant, a swarm of bees landed on his cradle and after they flew away a drop of honey remained on his lips. This became a symbol for his future "honeyed tongue" and speaking eloquence.

- Enjoy a special honey flavored desert
- Listen to a prayer sung in chant

### *December 8th: Immaculate Conception*

The Solemnity of the Immaculate Conception honors Mary and remembers that she was free from all sin from the very moment of her conception and remained sinless her entire life. This feast reminds us to look to Mary as a model of purity and grace, as well as obedience to the will of God in her life.

- Plan a meal with all white food symbolizing Mary's Immaculate Conception and sinless life. (ex. Chicken, pasta, alfredo, cheese cake, vanilla ice cream, white grape juice)
- Go to Mass- It's a Holy Day of Obligation!

### *December 9th: St. Juan Diego*

### *December 12th: Our Lady of Guadalupe*

St. Juan Diego was an early convert from Mexico in the 1500s. Mary appeared to him and provided miraculous signs that led to the conversion of thousands. Our Lady of Guadalupe is Patroness of the Americas.

- Enjoy Mexican food for dinner on one of the feast days.
- Listen a recording of a traditional Catholic prayer in Spanish.

### *December 13th: St. Lucy*

St. Lucy, whose name means light, was an early Christian martyr who is remembered for her charity to the poor. She is celebrated in several cultures on her feast day by having the youngest girl in the family serve sweet rolls by candle light to family members while they are still in bed, reminding us of the way she brought food to the poor under the cover of darkness.

- Make sweet rolls for breakfast or have breakfast in bed. Have dinner by candle light.
- Drive around and look at the Christmas lights in your neighborhood.

### *December 14th: St. John of the Cross*

St. John of the Cross lived in Spain in the 1500s. He was a companion of St. Teresa of Avila and is remembered for helping to reform the Carmelite Order despite great obstacles and suffering. He also was a mystic and a poet.

- St. John always united his suffering with Jesus on the Cross. Consider having a small, simple meal tonight and then donate the money (or food) saved to a food pantry.
- Write your own poem about God and then read it to your family.