

INTERCEDE



PRAY

Our Father, 3 Hail Marys, Glory Be

REFLECT

The Advent season is a time in which the Church invites us to prepare our hearts and minds for the second coming of Christ and the memorial of Jesus' birth at Christmas. During this season of preparation, we can ponder the preparations Mary and Joseph were making to welcome the Infant Jesus. The Holy Family found themselves on a journey from Nazareth to Bethlehem when they took refuge in a humble manger and welcomed the Son of God. The Newborn King did not arrive in a palace of riches, but in poverty and simplicity among the livestock.

Today, mothers in our communities find themselves in similar circumstances, unexpectedly pregnant and facing many challenges. Like the Holy Family, they are in great need and in search of a place of refuge to bring their child into the world. They may find themselves alone, scared, and overwhelmed, not knowing where to turn for help and dependent on the kindness and service of others.

The story of the first Christmas should remind us of our call to care for mothers and their children when they are in their hour of need. In assisting a mother

to prepare for the birth of her child, we share in a profound way in preparing for the coming of Christ. In such an act of loving support and encouragement, we recall those who came to aid of the Holy Family and ultimately beheld the Son of God. In helping mothers to welcome their children we can help them to encounter the joy, hope, and peace offered through the advent of the Infant Jesus, seeing in their child, the face of God himself.

ACT *(choose one)*

- On December 8, the Church celebrates the Solemnity of the Immaculate Conception of the Blessed Virgin Mary. Offer Pope Francis' Prayer for the Immaculate Conception for this month's intention: [usccb.org/prayers/pope-francis-prayer-immaculate-conception](https://www.usccb.org/prayers/pope-francis-prayer-immaculate-conception).
- Contact your local pregnancy resource center or diocesan/parish pregnancy support ministry. Ask about ways you can help, such as volunteering or donating baby items.
- Offer some other sacrifice or prayer that you feel called to do for this month's intention.

ONE STEP FURTHER

Walking with Moms in Need is a parish-based, nationwide effort to support mothers in need. Learn more about this initiative and how you can make a difference in this short video: bit.ly/walking-with-moms.

