

The Season of Advent

How Mary can teach us to fully receive Christ into our lives.

1. **Mary teaches us to live the Eucharist by “uniting our prayers, works, joys and suffering with the Holy Sacrifice of the Mass.** Offer up/unite your prayers, works, joys and sufferings in union with the Holy Sacrifice of the Mass this week. If you do it at the beginning of each day in a spirit of prayer, and with Mary, you will be filled with many blessings. It is Holy Communion that leads us to the cross and a passionate love for God and our neighbor. Mary can teach us how to fully make this sincere offering to God especially as we participate at Mass or even if we are not physically present each day at Mass, but make a spiritual communion
2. **Mary fully surrendered herself through the incarnation, receiving Christ into her womb and standing at the foot of the cross at the crucifixion of Christ.** Let us also live this Advent with a spirit of self-surrender to God's will and ways in our daily lives. Each Sunday let us place our lives upon the altar during the preparation of the gifts so we can surrender ourselves, our family and our world through Jesus to the Father.
3. **Mary shows us how to be completely open to God's will.** Let us, like Mary, see God's hand in the situations of each day. Place them in the empty manger knowing that God will and is revealing Himself through your daily life. Toward the end of the day take a moment to offer your life and all that is going on to Jesus. Give your day to Him. Consider physically taking your hand at your heart and giving it to Jesus each day this Advent.
4. **Mary always points us to her son, Jesus. Which we have the privilege of receiving Christ truly present before us in the Sacrifice of the mass.**

Reflection



by Oscar Alonzo

“The Eucharist gives me the strength and determination to navigate through difficult times. It fills my spirit with faith and hope and reminds me that Jesus is there with me and for me, just like the time when Jesus was with the disciples on the same boat and commanded the storm to pass. The Eucharist makes me feel safe and protected in the arms of my Lord. There is nothing like being intimately united to Jesus by physically and spiritually receiving him in the Eucharist.”

We will be publishing parishioner testimonials in this section. If you'd be willing to share how the Eucharist or Adoration has impacted your life, please email Karen



Join this wily band of Denver priests for a lighthearted and thorough discussion on rediscovering how to run to Jesus in the Blessed Sacrament of the

To listen to this podcast, scan this QR code with the camera on your phone



SCAN ME