

# Spirituality Report

## Advent, a Blessed Opportunity

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Advent is upon us. This year it begins on Nov. 27, 2022. Traditionally, Advent begins 4 weeks before Christmas Day. The word Advent comes from the Latin, *adventus*, which means ‘coming’. Christ is coming. For Catholics, this is a time of preparation as we focus on the birth of Christ. More importantly, Advent is a time of preparation for the second coming of our Lord. The readings during this liturgical season speak of the Second Coming and the Last Judgment. How shall we prepare ourselves for the coming of our Lord? We can start with a good confession, do our penance, and participate in a retreat. A retreat refreshes and revitalizes. It allows time away from the everyday as you take time to contemplate and grow closer to Christ. An Advent retreat rekindles and deepens your relationship with the Lord. Many parishes are offering Advent retreats. What a great opportunity to prepare for the coming of our Lord! The following list includes some of the local Parish retreats as well as a few on-line Advent spiritual offerings.

### 1. Diocesan Advent Retreats:

- Day of Reflection and Prayer, Sat., Dec. 3, at St. John the Baptist, in-person and livestream.

- English session: 9-11 a.m. “He Will Come: The Poetry of Advent” presented by Fr. Tristan Dillon, parochial vicar of St. George Parish

- Spanish session: 12:30-2:30 p.m. – “Advent: Eucharist and Expectation” presented by Fr. Dominic Sternhagen, pastor of St. Ann Parish

2. Women’s Advent Retreat – Sat., Dec. 10, 9:00 a.m. - 4:00 p.m., Kearns-St. Ann Catholic School Cafeteria

3. Advent Family Retreat (in Spanish), Sat. Dec. 3, 8:00 a.m.-5:00 p.m., St. George Catholic Church

4. St. Joseph the Worker - 3 Week Presentation – How to Pray Like Mary – 10:00-11:30 AM

Mondays – November 28, December 5, December 12

Retreat – Saturday, December 10, 9:00-Noon, A Woman Clothed in the Sun – Our Lady of Guadalupe

5. Pray More Advent Retreat – sign up online at [The Pray More Advent Retreat!](https://praymoreadventretreat.org) ([praymoreadventretreat.org](https://praymoreadventretreat.org)). Begins Nov. 28, 2022. Inspiring talks to help you grow closer to God during Advent! Listen at your own pace!

6. Relevant Radio – Advent Inspirations! Sunday, Nov. 27-Saturday, Dec. 24, 2022. Sign up on-line and receive an Advent inspiration to help prepare for the coming of the Lord!