

# ✚ Spirituality Commission Report ✚

November 2025

In no time at all, it will be Thanksgiving and the beginning of Advent. These two dates provide us with a time to reflect on our gratitude and the coming of the Lord. We are grateful to our families, friends and the Lord, for our many blessings. But we are also grateful for Mary, the Mother of our Lord, our mother and Our Lady of Good Counsel.

Thanksgiving is the perfect holiday to celebrate before Christmas, because it can help us to focus on the blessings of God, and to enter Advent and Christmas from a place of gratitude for our God who gave us a priceless gift — His Son.

As we embrace this season of gratitude and anticipation, let's embrace additional spiritual resources to enrich our celebrations and deepen our faith. By exploring prayer guides, Catholic traditions, and meaningful reflections, we can allow Thanksgiving and Advent to become more than moments on the calendar—they become opportunities to draw closer to God and to one another. Whether through guided retreats, holy reading, or intentional preparation, these resources invite us to place Christ at the center of our homes and hearts, fostering a spirit of joyful expectation as we journey together toward Christmas.

Please click on the red underlined items for links to the resources below.

- ✚ **Thanksgiving Prayers:** Hallow is here to help, with a wide range of prayer options to fit your Thanksgiving plans and keep God at the center of your celebration.
- ✚ **Prepare a Catholic Thanksgiving:** Thanksgiving is not specifically Catholic in culture, but it is inherently Catholic in meaning. Build some Catholic Thanksgiving Traditions — by His Girl Sunday
- ✚ **Mary, Our Guide Through Advent:**  
A 45–50-minute mini-Catholic prayer retreat in PDF that helps you draw closer to Mary. Reflect on her role as a model of faith, hope, and love, and actively engage in practices that honor her and her son, Jesus. Can be done alone or in a group. The Leader's Edition includes instructions. [Click here for the Leader's Edition.](https://catholicminiprayerretreats.org/) More retreats can be found at <https://catholicminiprayerretreats.org/>
- ✚ **Advent, A season of Expectation and Preparation:** A wonderful resource to better prepare our hearts and live this Advent well, we should turn to the Blessed Virgin Mary and ask her to intercede for us and accompany us on our Advent journey.
- ✚ **Holy Reading During Advent:** In the stillness and shorter days, what a great time to change it up. Whenever you can, pick up an instructive or soul-nourishing book—or even better, a book that both informs and feeds, even if it is not specifically themed to Advent. — By Word on Fire
- ✚ **Advent Made Easy: How To Prepare Your Heart & Home For A Peaceful Advent Season:**  
A step-by-step guide to intentionally prepare for Advent, to avoid a rush to pull things together at the last minute, causing you unneeded stress.



Gracious God, as we gather for Thanksgiving and prepare to enter the Season of Advent, fill our hearts with gratitude and hope. May Your blessings surround our tables and our homes, drawing us closer to You and one another. Through the example of Mary, help us wait with joyful expectation for the coming of Your Son, and guide us to share our love and peace throughout this Holy Season. Amen.