

Advent Actions

Living out Faith, Hope, Peace, Joy and Love

1. Attend an Advent Mass or a reconciliation service.
2. Give someone you know a compliment.
3. Donate to a local foodbank.
4. Set a daily reminder on your phone to pause and pray.
5. Visit or call someone lonely or elderly.
6. Pick up litter in your neighbourhood or park.
7. Pray for refugees, the poor, and those in conflict zones.
8. Play a board game with someone you love.
9. Reduce waste and shop sustainably this Advent.
10. Send a handwritten Christmas card to someone who might not receive many.
11. Volunteer at a soup kitchen.
12. Write down three things that bring you joy.
13. Help a neighbour or friend with a small task.
14. Recycle something you might usually throw away.
15. Pray the Rosary for those in need.
16. Say thank you to someone who often goes unnoticed.
17. Spend time in nature, thanking God for creation.
18. Collect clothes for a homeless charity.
19. Forgive someone you've been holding resentment toward.
20. Send a kind text to a friend or family member.
21. Raise money for a local charity.
22. Let someone else choose the TV show, radio station, or music for the day.
23. Pray for peace in the world.
24. Share a charity appeal or fundraiser on social media to encourage others to give.
25. Donate toys or books to a children's hospital or charity drive.

