



We have one solid source of happiness amidst all
this tripping: we can keep our hearts fixed on God.

Catherine McAuley to Elizabeth Moore, 20 Dec 1840

Sunday

A voice of one crying out: Prepare the way of the Lord in the wilderness;
make a straight highway for our God in the desert. Isaiah 40:3

Monday

The true light that gives light to everyone, was coming into the world.
John 1:9

Tuesday

Does not the Scripture say that the Messiah comes from David's offspring
and from the town of Bethlehem, where David lived? John 7:42

Wednesday

The giver of every good and perfect gift has called upon us to mimic God's
giving, by grace, through faith. St. Nicholas of Myra

Thursday

It is not enough just to wish well; we must also do well. St. Ambrose

Friday

Let us imitate the Blessed Virgin Mary and St. Joseph whose whole comfort
was in the society of Jesus. Catherine McAuley, Oral Instructions

Saturday

The Word became flesh and dwelt among us. John 1:14



The union which exists amongst you will draw the
favour and blessing of Heaven.

Catherine McAuley to Josephine Warde, 27 Jan 1838

Sunday

Everything is connected. Laudato Si

Monday

The life and maxims of Jesus Christ should be for a us all a book which we should have continually open before us. Catherine McAuley, Oral Instructions

Tuesday

By the grace God has given me, I laid a foundation as a wise builder, and someone else is building on it. But each one should build with care. 1 Cor 3:10

Wednesday

Those whose hearts are pure are temples of the Holy Spirit. St. Lucy

Thursday

Contemplation is nothing else but a secret, peaceful, and loving infusion of God, which if admitted, will set the soul on fire with the Spirit of love."
St. John of the Cross

Friday

Those who follow you, O God, will have the light of life. Psalm 1:2

Saturday

Prayer is a plant, the seed of which is sown in the heart of every Christian. If it be well cultivated and nourished it will produce abundant fruit, but if it be neglected 'twill wither and die. Catherine McAuley, Oral Instructions



We are selected to promote the glory of God, and every movement in us should tend to this noble end.

Catherine McAuley, Oral Instructions, A Shining Lamp

Sunday

When Elizabeth heard Mary's greeting, the baby leaped inside her, and Elizabeth was filled with the Holy Spirit. Luke 1:41

Monday

The Spirit of the Lord will rest on him—a Spirit of understanding and wisdom, a Spirit of counsel and strength, a Spirit of knowledge. Isaiah 11:2

Tuesday

Come, Flower of Jesse's stem, sign of God's love for all his people: save us, without delay! Gospel Antiphon

Wednesday

Therefore, the Lord himself will give you a sign: See, the virgin will conceive, have a son, and name him Immanuel. Isaiah 7:14

Thursday

If you have too much to do, with God's help you will find time to do it all. St. Peter Canisius

Friday

My soul proclaims the greatness of the Lord and my spirit exults in God my Saviour. Luke 1:46

Saturday

God, make me know your ways, teach me your paths. Psalm 24:4



Fervour may be maintained by frequent acts of the
love of God made with a sincere heart

Catherine McAuley Oral Instructions, A Shining Lamp

Sunday

Rejoice so highly favoured, the Lord is with you! Luke 1:27

Rejoice



May God preserve and bless you and grant you all
the graces of this Holy Season.

Catherine McAuley to Frances Warde, 23 Dec 1837

Monday

The shepherds said to one another, 'Let us go to Bethlehem and see this thing that has happened which the Lord has made known to us.' So they hurried away and found Mary and Joseph, and the baby. Luke 2:16-17

Tuesday

O come let us adore him! O come let us adore him!
O come let us adore him, Christ the Lord! Traditional hymn

Wednesday

Glory to God in the highest! Peace to God's people on Earth! Luke 2:13

Thursday

An angel of God appeared to Joseph in a dream and said, "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you. Matthew 2:13

Friday

O sing a new song to the Lord, sing to the Lord all the earth.
O sing to the Lord, bless his name. Psalm 95:1

Saturday

Anna spoke of the child to all who looked forward to the deliverance of Jerusalem. Luke 2:38

Sunday

My eyes have seen the salvation which you have prepared for all the nations to see. Luke 2:38