



Laity of the Chevalier Family Australia

Spirituality of the Heart in an Australian Lay Context

Advent Calendar



Introduction to Advent Calendar.
(Follow The Star)



Read Michael Fallon's entire [homily](#).
(Week of Hope) (Heart for God)



Get Moving.
(Week of Hope) (Heart for Self)



Donate to the [Vinnie's Christmas Appeal](#).
(Week of Hope) (Heart for Justice)



Create an Advent Wreath.
(Week of Hope) (Reflective Heart)



Register to become a [citizen scientist](#).
(Week of Hope) (Heart for Creation)



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Follow the Star
... Journeying Together

Learn about a sustainable Christmas
Read "A Heart for Creation at Christmas"



This reflection provides the background theology, gospel reflections and practical actions we can take this Christmas.

Read '[A Heart for Creation at Christmas](#)'.
(Week of Hope) (Heart for Learning)

Follow the Star
... Journeying Together

Get in Touch
We all have people we've been meaning to catch up with - but just haven't!



Send a quick text, make a phone call, send a message or pay them a visit.

Get in Touch.
(Week of Hope) (Heart for Others)

Follow the Star
... Journeying Together

Read the Gospel
Repentance is at the very heart of the Gospel... to repent means to open our minds and hearts to see things in a different way... changing our way of thinking and behaving by attending to what God is doing in our world and in our hearts.



Matthew 3:1-12

Read Michael Fallon's entire [homily](#).
(Week of Peace) (Heart for God)

Follow the Star
... Journeying Together

Meditate
Meditation can help manage stress, increase self awareness and reduce negative emotions



Find a quiet place and listen to God. You may like to use a single phrase such as "God is Love" to help maintain focus.

Meditate.
(Week of Peace) (Heart for Self)

Follow the Star
... Journeying Together

Sign the Uluru Statement Canvas
To show your support for the Uluru Statement From The Heart.



It is important we show our support in giving First Nations People a voice in Parliament.

Sign the [Uluru Statement Canvas](#).
(Week of Peace) (Heart for Justice)

Follow the Star
... Journeying Together

Pray Peace into Someone's Life
Let someone know you are praying for peace in their life.



This could be a formal prayer you say face-to-face, a verbal wishing of peace, or a gesture of peace such as a peace sign

Pray Peace into Someone's Life.
(Week of Peace) (Reflective Heart)



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Follow the Star
... Journeying Together

Do Some Stargazing
Look up into the night sky and wonder at the marvellous expanse of creation.



See if you can see the moon, stars, planets or satellites. You might even see a shooting star!



Do Some Stargazing.
(Week of Peace) (Heart for Creation)

Follow the Star
... Journeying Together

Read the Pope's Message
Read Pope Francis' Message on the 55th World Day of Peace



It focuses on dialogue between generations, teaching and education and work as tools for building a sustainable peace.



Read the Pope's [Message](#).
(Week of Peace) (Heart for Learning)

Follow the Star
... Journeying Together

Resolve a Conflict
Make an effort to resolve a conflict in your life, or offer it up to God.



Dwelling on past conflicts only damages ourselves.



Resolve a Conflict.
(Week of Peace) (Heart for Others)

Follow the Star
... Journeying Together

Read the Gospel
The liturgical colour today changes to a rose pink. This is because the Readings of today's Mass move away from our need for repentance to focus on the joy of what we are about to receive.



Matthew 11:2-11



Read Michael Fallon's entire [homily](#).
(Week of Love) (Heart for God)

Follow the Star
... Journeying Together

Treat Yourself!
While we need to love others, we also need to remember to love ourselves.



Spend some time focusing on you, doing something just for the enjoyment of it. Go out for a coffee, read a book, whatever it is that brings YOU joy.



Treat Yourself!
(Week of Love) (Heart for Self)

Follow the Star
... Journeying Together

Make a Meal for Someone
Even better, why not eat it with them too!



There are many people doing it tough over Christmas - make a meal and show them you are thinking of them.



Make a Meal for Someone.
(Week of Love) (Heart for Justice)




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Offer a Prayer of Gratitude.
Identify 5 things in your life that you are thankful for.



It's easy to get caught up in our problems, worries, and regrets. Spend some time reflecting on the good stuff!



Offer a Prayer of Gratitude.
(Week of Love) (Reflective Heart)

Follow the Star
... Journeying Together

Plant a Tree
Trees are the lungs of the Earth and one of the few ways to reverse carbon emissions.



Plant something in your garden, buy an indoor plant, or go and enjoy a tree in a park.



Plant a Tree.
(Week of Love) (Heart for Creation)

Follow the Star
... Journeying Together

Learn an Indigenous Word or Greeting
Many Australians are not aware of the incredible diversity of Indigenous Australia languages.



By Learning the local language is a great way to acknowledge and pay respect to those whose land we are on.



Visit gambay.com.au to get started.
(Week of Love) (Heart for Learning)

Follow the Star
... Journeying Together

Visit a Family Member
It's good to spend time with those we love.



Try to visit that family member you won't see on Christmas, or that friend who is basically family.



Visit a Family Member.
(Week of Love) (Heart for Others)

Follow the Star
... Journeying Together

Read the Gospel
That beautiful child that we once were is still well and truly alive in us, however hurt, however distracted, however injured by the sin of others or by our own sin... God loves us and nothing can separate us from that.



Matthew 1:18-24



Read Michael Fallon's entire [homily](#).
(Week of Joy) (Heart for God)

Follow the Star
... Journeying Together

Have Some Fun!
Smile, play, and laugh.



Fun and laughter releases endorphins which help relieve pain, reduce stress, and improve your sense of well-being.



Have Some Fun!
(Week of Joy) (Heart for Self)



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Follow the Star
... Journeying Together

Send a Christmas Card
Add joy to someone's day.



Send Christmas cards to the local nursing home, hospital staff, or people working over Christmas for our community.



Send a Christmas Card.
(Week of Joy) (Heart for Justice)

Follow the Star
... Journeying Together

Create a Nativity Scene
The nativity reminds us of the true meaning of Christmas.



It can be as simple or elaborate as you like, as long as there is a place for Jesus.



Create a Nativity Scene.
(Week of Joy) (Reflective Heart)

Follow the Star
... Journeying Together

Play in Nature
Enjoy nature and all it has to offer.



Aimlessly wander through a park, bushland, or along the beach. Jump in puddles, skim a rock, or climb a tree.



Play in Nature.
(Week of Joy) (Heart for Creation)

Follow the Star
... Journeying Together

Learn to Sign
Learning sign helps break down barriers.



Learn to sign Merry Christmas or your favourite carol.



Learn to Sign [Merry Christmas](#).
(Week of Joy) (Heart for Learning)

Follow the Star
... Journeying Together

Write a Thank You Note
Let someone know how much you appreciate them



Write a thank you note, card, or send a text.



Write a Thank You Note.
(Week of Joy) (Heart for Others)

It's the unwed woman who carries God.


It's the pagans from the East who recognise God.

It's the workers in the field who hear from God.

It's the marginalised neighbourhood who welcomes God.

God chooses the lowly and broken to rise.

Christmas is here!
Let's remember what it's all about.



Merry Christmas!



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Spirituality of the Heart in an Australian Lay Context



With deep respect and love, we acknowledge the Aboriginal and Torres Strait Islander people (the traditional custodians of this land) and their Elders - past, present, and emerging.

We support the *Uluru Statement From The Heart* and recognise the importance of ensuring First Nations people have a voice in Australia.



We commit to a "greater love for our Creator, each other, and the home we share". (Laudato Si 14).

We live in the *Spirituality of the Heart* and are called to love and care for Creation.