

The Catholic Women's League of Canada



Antigonish Diocesan Council

Here I am Lord, send me!

TO: Parish Council Faith Chair
FROM: Diocesan Faith Chair, Doreen Boudreau
DATE: November 20, 2025
SUBJECT: Advent 2025
MEMO: #10 (2024-2026)
CC: Parish Council Presidents, Diocesan Officers, Life Members, Provincial Secretary (for distribution to provincial counterpart)

Sisters in the League:

November 30th is the first Sunday of Advent for 2025.

Advent—a season of preparation for Christ's first coming at Christmas and in anticipation of His promised second coming. It's a season that incorporates four themes: hope, peace, joy, and love.

How do you prepare for Christmas? Do you spend the season rushing around? Shop till you drop? Cook for guests who will arrive? Clean everything in sight? Decorate to keep up with your neighbors? When do you slow down? Where is the time for the real meaning of the Advent season? How do you prepare your heart for Christ's coming?

I would like to suggest two meaningful ways that you can prepare spiritually for Christmas:

1. Make time every day to follow "Best Advent Ever" with Matthew Kelly on Dynamic Catholic's website: https://www.dynamiccatholic.com/advent.html?srsId=AfmBOoqJ3aTe_QmSPTnvAvOEkwB39PywVqV0KfbiPApeLmIm7Hg0K9nc#. I have followed these videos over the past number of years. They are just a few minutes every day and give me peace and joy. They also make me slow down for a few minutes to reflect on where I'm at in my spiritual life; as well as my place in my family and my community.
2. The Pray More Advent Retreat at: <https://praymoreretreat.org/> is a self-paced retreat with 4 speakers, 16 video and audio presentations and 16 study guides. This means that you can participate wherever you are and whenever you have the time. It's like a do-it-yourself retreat, but you're not doing it alone. The presentations are thought-provoking, relevant and up-lifting.

If you want to participate in these activities, you need to register. Just click on the link and register by giving your email address and you will receive an email to follow along. Invite your family and friends to join as well.

I hope that you will all find hope, peace, joy, and love this Advent season. May you all have a blessed Christmas!

Your sister in the League,

Doreen Boudreau, Diocesan Faith Chair