

## INTERCEDE



## PRAY

*Our Father, 3 Hail Marys, Glory Be*

## REFLECT

Each year during Advent, we prepare our hearts to celebrate the birth of Christ our Savior at Christmas. As we anticipate this joyful celebration, we recall the well-known journey of the Holy Family from Nazareth to Bethlehem. Far from home, poor, and in great need, Mary and Joseph find refuge in a simple stable. But this humble setting among the livestock soon welcomes the heavenly host of angels and the Son of God himself.

Today, women in our own communities are pregnant, poor, perhaps without a home, and in great need. They may feel alone, scared, and overwhelmed, not knowing where they can turn for help. In challenging circumstances, expectant mothers are in need of a refuge of their own. Like the Holy Family, they are often reliant on the kindness and service of others.

This Advent may the story of the first Christmas inspire us to reach out to mothers in need. May we proactively seek to offer loving support and encouragement as they prepare to welcome their children. By answering this call, may we help

mothers experience the joy, hope, and peace brought by the infant Jesus. And may we, too, share in and bear witness to the miracle of new life.

## ACT *(choose one)*

- On December 9, the Church celebrates the Solemnity of the Immaculate Conception of the Blessed Virgin Mary.\* Offer Pope Francis' Prayer for the Immaculate Conception for this month's intention: [usccb.org/prayers/pope-francis-prayer-immaculate-conception](https://usccb.org/prayers/pope-francis-prayer-immaculate-conception).
- Contact your local pregnancy resource center or diocesan/parish pregnancy support ministry. Ask about ways you can help, such as volunteering or donating baby items.
- Offer some other sacrifice or prayer that you feel called to do for this month's intention.

*\* Normally celebrated on December 8, this year the Solemnity of the Immaculate Conception falls on a Sunday and is therefore transferred to December 9.*

## ONE STEP FURTHER

*Walking with Moms in Need* is a parish-based, nationwide effort to support mothers in need. Learn more about this initiative and how *you* can make a difference in this short video: [bit.ly/walking-with-moms](https://bit.ly/walking-with-moms).



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