

The distant mountains seen from our windows are wearing a mantle of white, a sure sign that winter is near and it's time to bring out winter wear and shoes with threaded soles. We also spiritually ready our hearts for Advent and the ongoing miracle of Christ's birth. Jesus was born in a stable where Mary, His young mother, lovingly placed him in a manger. What a humble beginning for the Son of God, the King of Kings.

How can we prepare well for the Birth of our Lord and how can we make it more meaningful this year? One way could be by **random acts of kindness** in our homes or wherever the opportunity to do so surfaces. Kindness is contagious!

The spiritual advisor of our CWL parish council recommended that I sign up for a Train the Trainer course for a program called Dying with Christ- Living with Hope and so, I did. I've attended two eye-opening sessions "that present a hope-filled perspective on a universal experience. **We will discover that when we make a commitment to die with Christ, we can truly live with hope**".

Sessions open with a video of theologians and healthcare professionals sharing timeless opinions on suffering, grief, dying, our duty to care, and how dying with Christ is possible for everyone. After the video segment, attendees go to several breakout rooms where a more intimate conversation takes place between six attendees and a designated facilitator.

The program has become more interesting and positive moving on to the third and last session. Should you wish to know more about this program, please click <https://cmdacanada.org/> to get to their website.

Dates to Remember:

November 29 **First Sunday of Advent**
December 8 **Immaculate Conception of the Blessed Virgin Mary**
December 12 **Feast of Our Lady of Guadalupe**
December 12 **National Day of Prayer in Solidarity with Indigenous Peoples**
December 25 **Nativity of the Lord**
December 31 **Feast of the Holy Family of Jesus, Mary, and Joseph**
December 31 **The 2025 Jubilee Year Christmas Eve 2024 to 6 January 2026**



The 2025 Jubilee Year

Do you know that the Vatican received 294 logo entries from different countries? They did and the judges narrowed them down to two. They were both shown to Pope Francis, and he chose the logo on the left which "shows four stylized figures to indicate all of humanity from the four corners of the earth. They embrace one another, indicating the solidarity and brotherhood that must

unite peoples. The first figure is clinging to the Cross and the underlying waves are choppy indicating that the pilgrimage of life is not always on calm waters”.

Pope Francis, recently [announced Blesseds Carlo Acutis and Pier Giorgio Frassati will be canonized](#) in the coming Jubilee Year, fixing the dates of their canonizations. Blessed Carlo Acutis will be canonized during the Jubilee of Teenagers, on Sunday, April 27, 2025, in St. Peter's Square while Blessed Pier Giorgio Frassati will be canonized during the Jubilee of the Youth, scheduled for July 28 - August 3, 2025.

May we be filled with the virtues of Hope, Peace, Love, and Joy as we prepare our hearts and homes for the Birth of Christ!