

Some Specific Things for Your Consideration During the Nativity Fast

- 1. Set aside an additional 30 minutes “for God” each day:** reduce your media and social activities by 30 minutes each day and use that time for something spiritual (see below), e.g. watch a spiritual video or read a spiritual book, reach out to someone in need or alone, pray, ...
- 2. Pray more:**
 - a. Say a prayer together as a family each evening
 - b. Attend at least 2 or 3 of our Wednesday Vesper services
 - c. Come to both the Nativity Vigil and the Nativity Liturgy
- 3. Reach out to those who you mean to but haven’t had the time** (the sick, the lonely, relatives, old friends)
 - a. Make a list of people you want to reach out to
 - i. e.g. Maggie Skekel (105 Redcloud Ct., Frederick, MD 21702)
 - ii. Bob Trbovich (Lodge at Old Trail, 330 Claremont Lane, #100, Crozet VA 22932)
 - b. Contact 2 or 3 each week – a phone call, a card, an email, a visit
- 4. If you have young children, do something special with them focused on Nativity**
 - a. Light a Christmas candle at dinner each evening
 - b. Get an Advent Calendar and open it with them at dinner each evening
 - c. Print out some ‘line icons’ from the web for them to color and discuss
 - d. Find a good spiritual show on Amazon (search under “Christ”) or Netflix (search under “Religious”) and watch 10-15 minutes each day and then discuss it with them
- 5. Go to Confession at least once before Nativity**