CONTENTS

Introduction: Journeying to the Stable	iv
How to Use This Journal	vii

FIRST WEEK OF ADVENT: MARY AS HEALER

Sunday: She Receives You	4
Monday: I Am Your Mother	8
Tuesday: To Give to the Light	12
Wednesday: Tuned In	16
Thursday: A Steadfast Love	20
Friday: The Truth of Your Earthly Mother	24
Saturday: Thanksgiving and Healing for Our Mothers	28

SECOND WEEK OF ADVENT: JOSEPH AS PROTECTOR

Sunday: An Irreplaceable Figure	36
Monday: True Strength	40
Tuesday: Persevering through Mystery	44
Wednesday: A Tender Father	48
Thursday: Honor and Honesty	52
Friday: The Truth of Your Father's Heart	56
Saturday: Thanksgiving and Healing for Our Fathers	60

THIRD WEEK OF ADVENT: THE CHILD JESUS

Gaudete Sunday: A Spirit of Wonder	68
Monday: A Playful Spirit	72
Tuesday: An Invitation to Openness	76
Wednesday: Safe to Rest	80
Thursday: Time to Grow	84
Friday: Your Goodness as a Child	88
Saturday: Thanksgiving and Healing for Our Childhood	92

FOURTH WEEK OF ADVENT: THE HOLY FAMILY

Sunday: Journey with the Holy Family	100
Monday: A Sign of God's Love	104
Tuesday: The Key That Opens Every Door	108
Wednesday: The Beauty of Stillness	112
Thursday: God's Plan for Your Family	116
Friday: Awaiting with Anticipation	I20
Saturday: Born in You	I24