TEN WAYS TO GET MORE OUT OF ADVENT — By Lorene Hanley Duquin

KEEPING A BALANCE between the spiritual and the secular will require a little planning on your part. As you move through Advent you will begin to relish those quiet moments in your day. They will become like a spiritual port in a secular storm. The prayer time will restore your spirit. The spiritual insights will help to keep you focused. You may like it so much that you'll decide to carry over into the New Year the practice of setting aside daily quiet time with God.

Here are some simple ways to incorporate traditional Advent practices into your busy schedule:

Reflect on Advent as a time of waiting. The idea of waiting is not popular in our culture of instant gratification, but it creates in us a new kind of self-discipline that helps us to appreciate the present moment and look to the future with peaceful anticipation.

Turn your breathing into a prayer. Take a few deep breaths throughout the day and imagine that God's love is flowing through you to every part of your body. As you exhale, let go of tension, worry and anything else that is not of God.

Do something nice for someone every day. It might be an encouraging word, a phone call, a note of appreciation or a little act of kindness.

Get rid of grudges. Use Advent as an opportunity to let go of any anger or resentment that you might be holding onto.

Pray for patience. If you find yourself becoming anxious or upset, ask the Lord for the gift of patience. Then make a conscious effort to be a more patient person.

Offer up something painful or difficult in your life. The best way to transform trials and tensions is to turn them into a prayer.

Receive the Sacrament of Reconciliation. Attend your parish penance service and take advantage of the opportunity to cleanse your soul in preparation for the coming of Jesus.

Think about the special gifts and talents God has given you. How are you using these gifts?

— Adapted from article in Our Sunday Visitor, 10/7/2013

CHAPEL SCHEDULE

| Saturday Vigil Mass       | 5:30 p.m. |
| Sunday Masses, 11 a.m. & 9 p.m. | 6 p.m., Towers multi-purpose room |
| Monday, 8 p.m. | Weekly Mass for Peace |
| Monday – Friday, 11:30 a.m. | Reconciliation |
| Daily Masses | 7:45 a.m. & Noon |

RESPONDING TO THE WORD

SECOND SUNDAY OF ADVENT
December 8
- Isaiah 11:1-10
- Romans 15:4-9
- Matthew 3:1-12

GAUDETE SUNDAY/
THIRD SUNDAY OF ADVENT
December 15
- Isaiah 35:1-6A, 10
- James 5:7-10
- Matthew 11:2-11

FOURTH SUNDAY OF ADVENT
December 22
- Isaiah 7:10-14
- Romans 1:1-7
- Matthew 1:18-24

Sunday, December 8 - Saturday, December 21, 2019

“Act justly, love tenderly and walk humbly with your God.” – Micah 6:8
PRAYER FOR FINALS

Spirit of the Living God,
It seems that our lives are one test after another weighing us in somebody’s balance.

Inspire us today with the light of your wisdom and truth, and keep us from anxiety throughout this time of final papers, projects and exams.

Save us from taking the exams or ourselves too lightly or too seriously; but grant that we may reflect the very best of the work that we have done and the best teaching that we have received.

We pray in your Holy Name.
Amen

BLESSING FOR FINALS

LOOKING FOR an extra bit of help during finals? There will be blessings for finals following all Masses the weekend of December 7 and 8.

FEAST OF THE IMMACULATE CONCEPTION

BECAUSE DECEMBER 8 falls on a Sunday this year, the celebration of the Feast of the Immaculate Conception will be on Monday, December 9. Masses in the Chapel are at 7:45 a.m. and Noon. However, because of the date change this year, it is not a Holy Day of Obligation.

ADVENT RECONCILIATION SERVICE

THE ANNUAL ADVENT PENANCE SERVICE, including the opportunity for individual confessions, will be celebrated on Monday, December 9, at 7 p.m. in the Chapel of the Holy Spirit.

ADVENT MIDNIGHT MASS

JOIN US for the annual Advent Midnight Mass on Saturday, December 14. Lessons and carols begin at 11:30 p.m., followed by Mass beginning at Midnight in the Duquesne University Chapel of the Holy Spirit.

CONGRATULATIONS

SPIRITAN CAMPUS MINISTRY would like to say congratulations and THANK YOU to all of the graduates this December. Thank you for being a part of our community and enriching our lives! We wish you the best of luck in your future endeavors!

The Winter Graduation Mass is Friday, December 20, at 9 a.m. in the Duquesne University Chapel of the Holy Spirit.

PRAYERS FOR ADVENT

WEEK 2, PEACE | DECEMBER 8

Dear Jesus, you entered our world on Christmas as the Prince of Peace. This Advent, as we strive to become the best-version-of-ourselves, fill us with a deep and abiding peace. Help us share that peace with everyone we encounter, especially those who need it most. Amen.

WEEK 3, JOY | DECEMBER 15

Dear Jesus, help us focus on you during this busy season. May we stay aware of the joy you bring into our lives. We want to find you in the everyday moments and come with hearts of gratitude to your manger on Christmas. Amen.

WEEK 4, LOVE | DECEMBER 22

Dear Jesus, may the light of your love always shine in our hearts. As Christmas draws closer, we marvel at your great love for us. Let your love transform every aspect of our lives and touch everyone we encounter. Our hearts are open to you, Jesus. Amen.
Spiritan Campus Ministry Center Hours:
- Monday-Friday: 8:30 a.m. to Midnight
- Saturday-Sunday: Noon to Midnight

SPIRITAN CAMPUS MINISTRY EVENTS: Weeks of December 8 – December 21, 2019

<table>
<thead>
<tr>
<th>MONDAY, DEC. 9</th>
<th>Rosary Group</th>
<th>Chapel of the Holy Spirit</th>
<th>6 p.m.</th>
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<tbody>
<tr>
<td>TUESDAY, DEC. 10</td>
<td>Bible Study</td>
<td>Spiritan Campus Ministry Center, 2nd floor</td>
<td>6 p.m.</td>
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<td>WEDNESDAY, DEC. 11</td>
<td>Reading Day</td>
<td>Laval House</td>
<td>6 p.m.</td>
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<td>Vocation Discernment Group</td>
<td>Duquesne Union Atrium</td>
<td>7 p.m.</td>
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<td>Agape Latte</td>
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<td>THURSDAY, DEC. 12</td>
<td>Chapel Choir</td>
<td>Chapel of the Holy Spirit</td>
<td>4:30 p.m.</td>
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<td></td>
<td>CIA</td>
<td>Spiritan Campus Ministry Center, 2nd floor</td>
<td>7 p.m.</td>
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<tr>
<td></td>
<td>CEL</td>
<td>Spiritan Campus Ministry Center, 2nd floor</td>
<td>9 p.m.</td>
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<tr>
<td>SATURDAY, DEC. 14</td>
<td>Advent Midnight Mass</td>
<td>Chapel of the Holy Spirit</td>
<td>11:30 p.m.</td>
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<tr>
<td>FRIDAY, DEC. 20</td>
<td>Graduation Mass</td>
<td>Chapel of the Holy Spirit</td>
<td>9 a.m.</td>
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</table>

Mark your calendars and plan to attend our next Agape Latte!
- Free coffee and cookies provided.
- Trivia games with awesome prizes.
- Wear your favorite CHRISTMAS SWEATER/SHIRT and be entered into our raffle!

Spring Semester Dates
- Wednesday, February 5
- Wednesday, March 18
- Wednesday, April 22

Speaker: DAVE JAKIELO
Assistant Director, Annual Giving

Music by: Ben Cornelius-Bates, Professor, School of Music

University Chaplain, Fr. Bill Christy, C.S.Sp. and the entire Spiritan Campus Ministry Staff wishes each and every one of you a most blessed Christmas break and the most prosperous and peace-filled New Year!
What is Spiritan Campus Ministry?

Spiritan Campus Ministry (SCM) is much more than a group of individuals or an agenda of programs or opportunities for service. It is the Spirit of Duquesne University...the Spirit that moves, that leads, that guides.

SCM serves all students, faculty and staff—whatever their faith—by helping them understand and engage the University mission and Spiritan tradition so they can share it with each other, their communities and the world beyond.

Pastoral Care- Spiritan campus ministers are trained professionals, lay and ordained, men and women, who are available to serve the needs of Duquesne students, faculty and staff, especially on issues of faith, relationships and life's struggles.

Feel free to contact Spiritan Campus Ministry anytime, but especially when...
- you are worried about grades
- you are in conflict over friends or roommate
- you have questions about your sexuality
- you have concerns about your family or friends
- your faith is challenged
- you or someone you know is ill
- you have questions on morality
- you are facing issues of death and dying
- you or someone you know is experiencing an unplanned pregnancy
- you need spiritual direction
- you are considering becoming Catholic, or need Eucharist, Confirmation and/or Reconciliation

CHRISTMAS BREAK

CHAPEL SCHEDULE

11 a.m. Mass ONLY

Sunday, December 22 | Fourth Sunday of Advent
Wednesday, December 25 | Christmas Day
Sunday, December 29 | Feast of the Holy Family
Wednesday, January 1 | New Year’s Day / Solemnity of the Blessed Virgin Mary, the Mother of God

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SCM ON: TWITTER, INSTAGRAM & FACEBOOK

Want to get the most up to date information on SCM events?
Follow us @SCMduq on Twitter and Instagram to get instant updates on events and more information on all that we offer!

If you don’t already, LIKE us on Facebook at Spiritan Campus Ministry-Duquesne University.