

ST. GALL ADVENT CHALLENGE – WALK TO BETHLEHEM!



Health & Wellness Ministry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st Make your own DIY advent wreath with your family – bless it! Light 1st candle for HOPE Sunday mass Begin journey at St. Gall	2 nd Take a family member, friend or pet for a walk outside Or Pray the rosary at St. Gall at 7pm and stay for the 7:30pm Mass	3 rd Surprise someone at work or school with an encouraging note Or Put on your favorite music and dance for 15 minutes	4 th Prep your car for winter Or Shovel the snow for mom and dad. No Snow? Do the dishes?	5 th Attend daily mass and Adoration Or Read daily readings	6 th 20-30 minutes of exercise + 3 servings fruit and veg	7 th Attend morning mass, Pray the Rosary with family or friend Take a boat across the Atlantic Ocean toward Israel
8 th Light second candle of advent for FAITH Listen to sacred Christmas music while walking 20 min Sunday mass	9 th 20-30 minutes of any type of exercise Make up your own challenge Or Plan healthy meals for the week	10 th Make an appt to see your doctor for your yearly Kids eat 1 fruit and 1 veg with all meals	11 th Have your blood pressure checked at doctor or pharmacy or Learn how to properly wash your hands to prevent infection	12 th Attend daily mass and adoration. Bring a friend or family member	13 th Stay home and watch a Christmas movie with family and make homemade pizza. Use the recipe for whole wheat crust!	14 th Attend morning mass followed by easy Praise & Worship workout and Art to Feed Your Soul at Church Arrive in Nazareth to walk the Nativity trail
15 th Light 3rd candle of advent for JOY Listen to Relevant Radio or Read Luke 1:26-35 before family meal Sunday mass	16 th Pray a decade of Rosary while walking outside or while cleaning room Kids do 10 jumping jacks and 10 lunges	17 th Make a handmade gift to give someone for Christmas Or Choose your own spiritual or health challenge	18 th Donate a food item to the Elburn Food pantry or Log into FORMED Do 5 sit-ups, push-ups and squats or seated exercises	19 th Attend daily mass and Adoration Or Read the daily reading before meal with family	20 th Help a neighbor or friend in need or Make a healthy meal with your family Attend the Advent Celebration: Anticipating Christmas! at St. Gall	21 st Pray the Divine Mercy Chaplet + 20 min of any exercise Or Try eating foods that Mary and Joseph ate while on their journey You are almost there! Don't give up!
22 nd Light 4th candle of advent for PEACE Walk for 20 min and Sunday mass	23 rd Listen to sacred music while journaling about your faith goals for 2020. Make 3 goals.	24 th Attend Christmas Eve mass or Read the gospel as a family and talk about it	25 th Attend Christmas Day mass You made it to Bethlehem! Happy Birthday baby Jesus!			

More ideas – Do one or more! Try to do something every day! Take the challenge for your mind, body and spirit during Advent!

Organize your closet and donate things, teach someone food safety or how to wash hands properly, wash your bathroom walls, organize the basement or attic. Vacuum, wash the floors, clean/organize your cabinets and get rid of foods that are not healthy.

Kids: Do the dishes, clean your room, do a VBS Praise & Worship video workout, read a book about the saints, learn how to make a new dish for dinner, help plan the week's healthy meals or lunches, watch a movie or read a book about a saint, pray every day, clean the refrigerator-check the dates, take turns leading a scavenger hunt, play a board game, do the dusting or vacuum, fold towels, do a load of laundry or walk the dog.