



Advent Chart 2015

St. Thomas Syro Malabar Catholic Forane Church

Somerset, NJ



| | Name: | | | | | Grade: | | | | | | | | | | | | CML Group: | | | | | | | | | | | | |
|--|-------|----|---|---|---|--------|---|-------------|---|---|---|---|----|----|----|-------------|----|------------|----|----|----|----|----|-------------|----|----|----|----|----|-------------|
| Date | 29 | 30 | 1 | 2 | 3 | 4 | 5 | 1st Week | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 2nd Week | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 3rd Week | 20 | 21 | 22 | 23 | 24 | 4th Week |
| Prayer & Adoration | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Attended Mass paying full attention and reverence</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Participated in Adoration of the Blessed Sacrament.</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Participated in Family Prayer-Daily Rosary , Divine mercy Chaplet ,Bible Reading</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Set aside time for Personal Prayer/ Said small prayers throughout the day</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Read about the life of a saint</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Made a good Confession in preparation to receive Jesus</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fasting & Abstinence | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Gave up favorite food/sweets</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Gave up any Negative habits (too much TV, Video/Computer Games, Internet Browsing, using bad language and Laziness)</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Completed responsibilities and chores without complaining</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Charity, Good Works & Spiritual works of Mercy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Volunteered Time to Serve / Clean/Decorate our Church</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Community Service Activities - Participated in activities to help the less fortunate, (clothing, food, coats, toy drive etc.)</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Prayed for all those who need our prayers including departed souls</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Was Obedient and helpful at home</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Whole heartedly forgave others</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Spoke the truth even if it was difficult/comforted someone who was sad/ stood up for what is right</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Went Caroling</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <i>Any Other Charitable Advent Acts</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Notes:-

- a) Parents please spend time with your child going through your child's chart at the end of each day and discuss with them their Advent acts and also encourage them
- b) Children can put a check mark for each act they have completed on the chart, and total up the number of check marks at the end of each day and week.
- c) Children will earn an ornament each week when they bring their charts filled in and will be able to put up the ornament on their CML group tree.
- d) The ornaments on the CML trees will symbolize all the sacrifices and kind acts that the children did in preparation for Advent as a gift for Baby Jesus; these trees will be placed in the Church and offered to baby Jesus during the Christmas Qurbana.