



Feast + Fast + Feria

St. Andrew Christmas Novena Counters

A simple but beautiful way to prepare the manglers of our hearts for the coming of Christ is by praying the St. Andrew Christmas Novena, also called the Christmas Anticipation Prayer. Each day of Advent our family counts up to the birth of Christ by praying this set of prayers and lighting an additional birthday candle in our wooden Advent calendar. Unlike other novenas lasting nine days, this Christmas Anticipation Prayer is said 15 times a day from the Feast of St. Andrew on November 30th until Christmas Day.

A few things we do in our home to make sure this prayer happens the recommended 15 times a day during Advent are to:

- Set an alarm or reminder on the phone.
- Pin it to a meal or daily event that always occurs.
- Have the words readily available, have copies in multiple locations like a lock screen, van, & supper table just in case.
- Use a rosary, sacrifice beads, kid fingers, or baby toes to keep count.
- Involve the kids by having each one lead 3 or so prayers - even if all they can say or remember is "Hail and blessed."

For our family and now yours I also made these printable counters to help wee ones keep track of the prayer we are on and follow along. The text of the prayer is also on the back for the older children to read as they lead their portion. Once laminated, the dots on the counter can be used as a path for little fingers to move around with each prayer, as spots to be checked off with a wet or dry erase marker, or punched out to lace with a ribbon instead.

A simple string of sacrifice beads can be added to the counter with a single dot. You can use the traditional style to weave the sacrifice beads or just move a more snug bead down the line. Choose what will work best for your family with the supplies you already have on hand.

"Open wide your door to the one who comes. Open your soul, throw open the depths of your heart to see the riches of simplicity, the treasures of peace, the sweetness of grace. Open your heart and run to meet the Sun of eternal light that illuminates all men." — St. Ambrose of Milan

Ad majorem Dei gloriam,



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This collection contains excerpts from
The Feast Fast Feria Companion, now in progress.

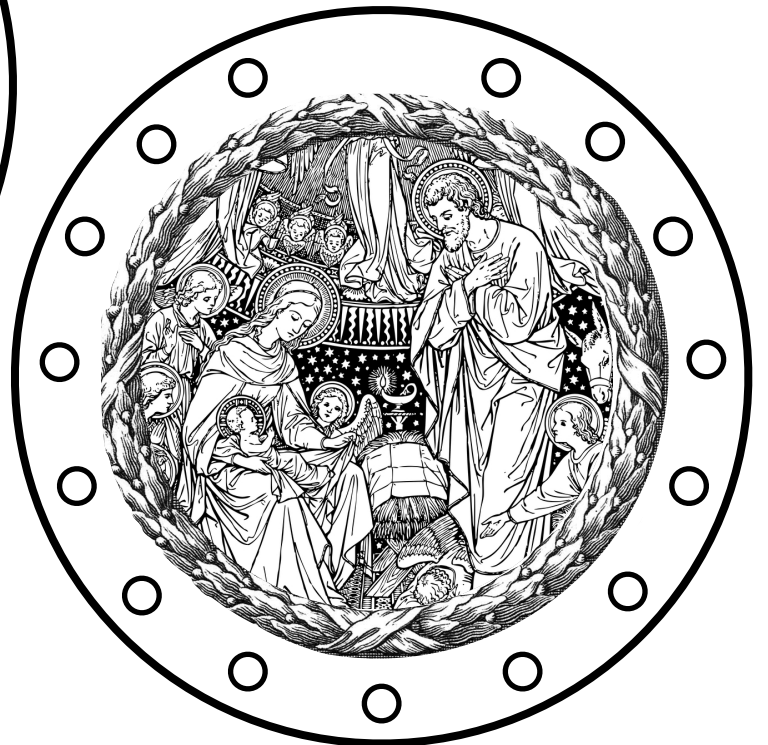
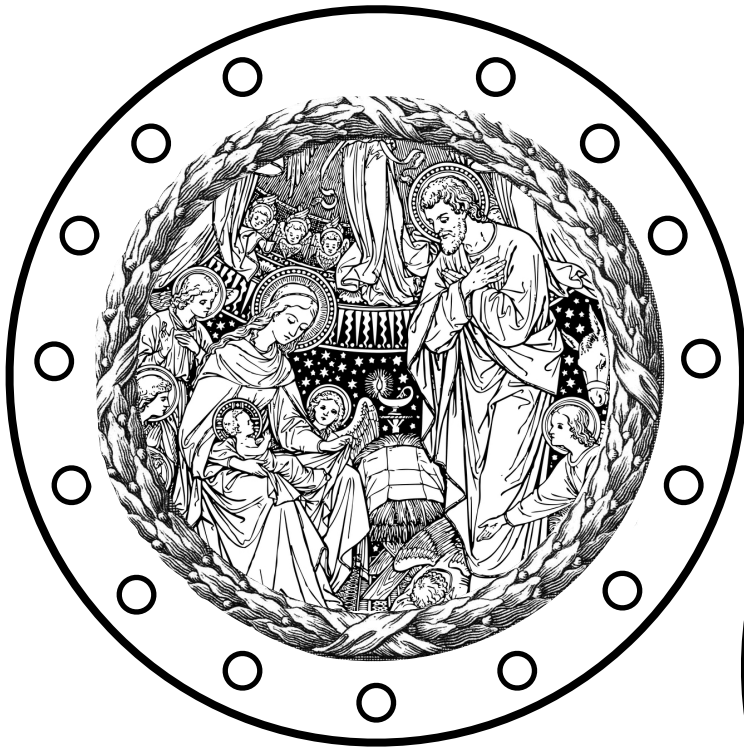
It is an offering of Feast + Fast + Feria,
a Barefoot Abbey ministry whose purpose is to aid
families as they grow in holiness and journey to
heaven by living out their Catholic faith each day through
the Liturgical Year.

For more resources to bring the Church Year to life
in your home, to join our monthly mentorship:
the Feast + Fast + Feria Collective, and to request
a FREE liturgical living consultation that fits all the
ages and stages of your specific family
visit us at

feastfastferia.com

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Hail and blessed be the hour and moment In which the Son of God was born Of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires, [mention your request] through the merits of Our Savior Jesus Christ, and of His blessed Mother. Amen.

NOVEMBER 30TH - DECEMBER 24TH

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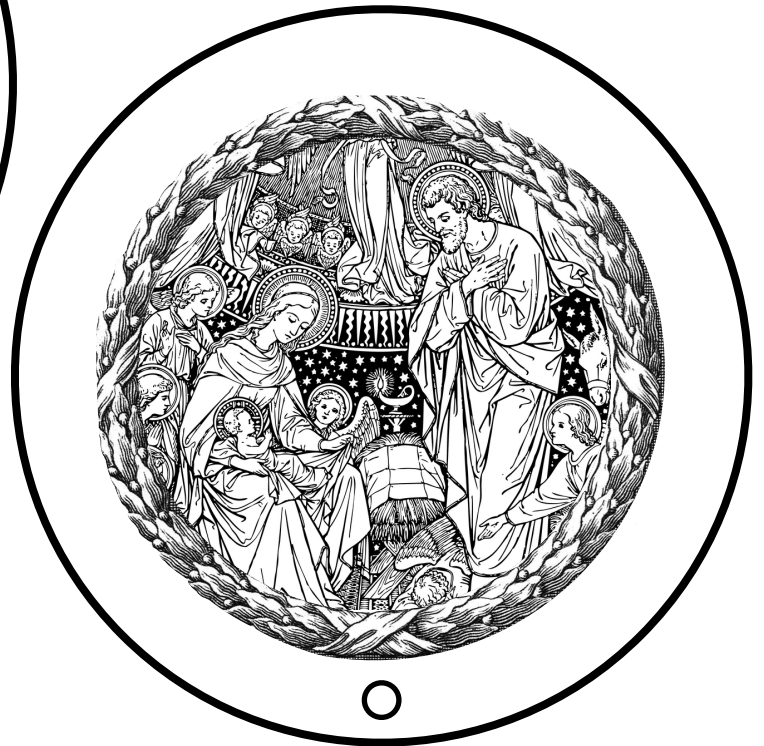
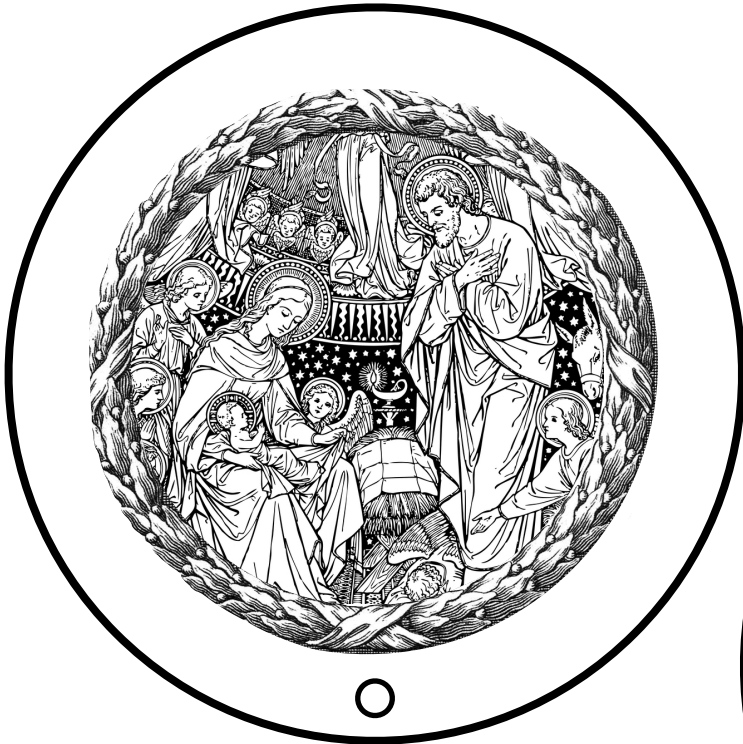
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