The Advent Companion

ADVENT 2026

One page. Four Sundays. Nothing to buy.

Begins Sunday, November 29

Advent is four Sundays long, and it is easy to miss the whole thing while getting ready for the day at the end of it. This is not a devotional and not a to-do list — just the shape of the season on one sheet, so you can see where you are.

NOVEMBER 29

Hope

The waiting week

Advent does not begin with joy. It begins with wanting. This week is permission to name what you are still waiting for.

> *Write down one thing you are waiting on. Leave it on the page. You do not have to fix it this week.*

DECEMBER 6

Peace

The quiet week

December gets loud fast. Peace is not a feeling to chase here — it is a decision about what you will not do this year.

> *Name one thing you did last December that you are not doing this year. Say it out loud to someone.*

DECEMBER 13

Joy

Gaudete — the rose week

● the rose candle

The third Sunday shifts. The rose candle exists because the Church knows you are tired by now, and says look up anyway.

> *Do one small thing purely because it is lovely and useless. That is the assignment.*

DECEMBER 20

Love

The near week

Five days out. The house is loud, the list is long, and presence starts to cost something real.

> *Pick one person and give them fifteen unhurried minutes before Christmas Eve. Put it on the calendar now.*

FOUR DATES INSIDE THE SEASON

Dec 8
Immaculate Conception
Holy day of obligation. A Tuesday.

Dec 12
Our Lady of Guadalupe
Saturday. Easy to fold into the weekend.

Dec 24
Christmas Eve
A Thursday this year.

Dec 25
Christmas Day
Friday. Christmas has twelve days.

Progress over perfection — in Advent most of all.

The day-by-day calendar that goes with this page: **cursusbrevis.com/advent**

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