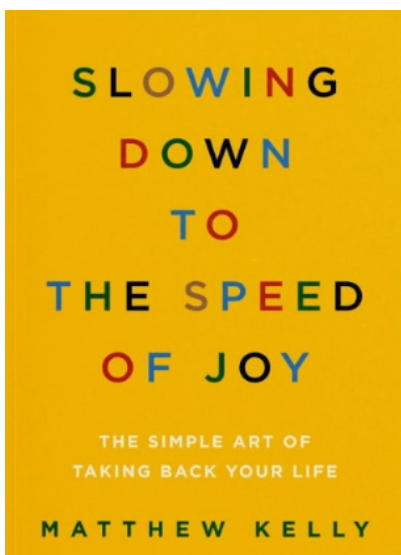




SLOW DOWN TO THE SPEED OF JOY THIS ADVENT

November 30 – December 24



Parish Gift: Matthew Kelly's book *Slowing Down to the Speed of Joy* will be available to parishioners (in the back of church starting Nov. 29, while supplies last). The book beautifully echoes our Synod Year 3 theme — *Reclaiming Sundays: Recover Sunday as a Day for the Lord and Family*.

Most people spend the month leading up to Christmas feeling busy and overwhelmed. What if there was a simple way to slow down, reconnect, and rediscover the peace of the Christmas season?

This Advent, everyone is invited to prepare for Christmas like never before by signing up for *Best Advent Ever*.

Best Advent Ever is a short, inspiring daily email program presented by Dynamic Catholic. When you sign up (scan QR code or visit dynamiccatholic.com/slowdown), each day of Advent, you will receive two short videos right to your inbox with life-changing inspiration. The first video will provide you with practical tips to help you slow down and find true peace. The second video will guide you through the daily Gospel, offering a dose of radical and relevant wisdom that will help you focus on what matters most.

Families, individuals, and parish small groups are encouraged to follow along with Dynamic Catholic's *Best Advent Ever* as they journey through Matthew Kelly's book *Slowing Down to the Speed of Joy* and learn how to slow down, reconnect with God, and take your Advent back from the tyrant we call busy.



BEST **Advent** EVER

Slow Down to the Speed of Joy this Advent

Sign up now to get FREE daily Advent reflections from Matthew Kelly.