

Making a Family Christmas Hamper for Saint Philip's Fast

Week 1:

- Find a large basket or a box that you can fill over the six weeks of St. Phillips Fast with **food** for your choice of charity. Some suggestions are: Youth Empowerment Services, Wings of Providence, WINN House, Boyle Street Services....
- Make a large cloth Christmas bag that you can fill over the next six weeks with **personal care items** that can be donated along with your food basket or separately to your choice of charity. **Place your basket or bag beside your Christmas tree where the family will notice it.**
- Say a prayer together as a family for the people that will receive this gift

Week 2:

- During this week fill the bag with towels, face cloth and soap.
- Place some dry breakfast articles into the basket.
- During this week spend some time in personal prayer and reflection on the meaning of Saint Philips fast. Go to <http://www.royaldoors.net/> for prayers and readings or sign up for their daily gospel reflection or follow the daily readings for families on the Eparchy of Edmonton website: <http://eeparchy.com/resources/religious-education-office/>
- Pray together as a family for the recipients of the gift.

Week 3:

- During this week put some dried food, such as potatoes, rice or cake mix into the food basket.
- Place a toothbrush and toothpaste in the personal care bag.
- Make and decorate a didukh (sheaf of wheat) for your nativity prayer corner.
- Say a prayer together in front of the icon corner

Week 4:

- Add some wrapped candies, mixed nuts, homemade goodies, and table napkins to the basket.
- Add deodorant or any other personal article to the bag.
- Read the story of when Mary went to visit Elizabeth (Luke 1:39-45) and talk about it.

Week 5:

- Add some canned food such as soup, vegetables, juice, etc. to the food basket.
- Add some body lotion, bubble bath to the personal care bag.
- Bring your bag and/or your basket to church on Sunday. These will be delivered to the recipients of your choice; or make it a personal delivery from your family.

Week 6:

- You may wish to prepare your soul for the Christmas by receiving the sacrament of reconciliation (confession) at this time. Don't wait until Christmas Eve.
- Prepare your home for Christmas, decorate, wrap gifts, learn some carols.
- Pray for the family that will receive the gift and say a prayer of thanksgiving for all of your own blessings from God and especially for the gift of Jesus.