Making a Family Christmas Hamper for Saint Philip’s Fast

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**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.
* 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.