



# TO THE HEIGHTS

SVP ☎  
1833

This Advent, let's climb higher together by sharing love and hope with others. Starting on **Monday 24th November**, add the item for that day to a Christmas hamper, then donate it to your local SVP group, your parish community, or a St Vincent's Community Centre. Every item you give lifts someone closer to the heights of joy, comfort, and peace this Christmas.



**“DON'T POSTPONE,  
ROLL UP  
YOUR SLEEVES,**

**because**

**THE LORD IS**  
*generous*  
**and you won't be  
DISAPPOINTED”**

Pope Leo XIV

<b>22</b> <b>Chocolates</b> “Every good gift comes from above.” (James 1:17)		<b>21</b> <b>Pray</b> Say a prayer for the St Vincent de Paul Society.		<b>20</b> <b>Card</b> Make a Christmas card. Perhaps deliver it to your local care home.		<b>19</b> <b>Mince pies</b> “Prepare the way of the Lord.” (Mark 1:3)	
<b>14</b> <b>Crisps / snacks</b> “Rejoice in the Lord always.” (Philippians 4:4)		<b>15</b> <b>Pray</b> Say a prayer for all those who are without shelter this advent.		<b>16</b> <b>Jam or honey</b> “Pleasant words are like honey.” (Proverbs 16:24)		<b>17</b> <b>Hot chocolate</b> “God fills our hearts with warmth.”	
<b>18</b> <b>Warm socks</b> “Love is the thread that keeps us warm.”		<b>13</b> <b>Biscuits</b> “Kindness makes life sweeter.”		<b>12</b> <b>Pray</b> Say a prayer for all those who are lonely this advent.		<b>11</b> <b>Menstrual products</b> “God's care is rich and full.”	
<b>10</b> <b>Instant coffee</b> “The joy of the Lord is our strength.” (Nehemiah 8:10)		<b>9</b> <b>Tea bags</b> “A cup shared is joy multiplied.”		<b>8</b> <b>Hello</b> Write a note of welcome and warmth. Who could you gift it to?		<b>7</b> <b>Tinned fruit</b> “The fruits of the Spirit are love, joy, peace.” (Gal 5:22)	
<b>6</b> <b>Pray</b> Say a prayer for peace in our world.		<b>5</b> <b>Tinned soup</b> “God warms our hearts with love.”		<b>4</b> <b>Christmas decoration</b> Make a Christmas decoration.		<b>3</b> <b>Rice</b> “A little kindness grows into a feast of love.”	
<b>2</b> <b>Pasta sauce</b> “Taste and see that the Lord is good.” (Psalm 34:8)		<b>1</b> <b>Pray</b> Say a prayer for all those who are in prison this advent.					

If you or someone you know needs help from the SVP, go to [request@svp.org.uk](mailto:request@svp.org.uk)