

Advent 2020

CELEBRATING WITH THE CHURCH

Hope

NOVEMBER
29TH:
ADVENT
WREATH
MAKING

DECEMBER
1ST:
ST. EDMUND
CAMPION

DECEMBER
3RD:
ST. FRANCIS
XAVIER

DECEMBER
5TH:
VIGIL OF ST.
NICHOLAS

Faith

DECEMBER
6TH:
ADVENT
WREATH

DECEMBER
8TH:
IMMACULATE
CONCEPTION

DECEMBER
10TH:
OUR LADY
OF LORETO

DECEMBER
12TH:
OUR LADY
OF
GUADALUPE

Joy

DECEMBER
13TH:
ADVENT
WREATH

DECEMBER
15TH:
TREE
DECORATING

DECEMBER
17TH:
COOKIE
BAKING

DECEMBER
19TH:
CHRISTMAS
LIGHTS

Peace

DECEMBER
20TH:
ADVENT
WREATH

DECEMBER
24TH:
CHRISTMAS
EVE

Christmas!



Pre-Advent Prep

Look ahead on the calendar, decide which days your family wants to celebrate and gather your supplies. The following pages have information, activities, & prayers to help you celebrate each week of Advent and prepare your hearts for Jesus' arrival on Christmas Day!

Gather materials to make your advent wreath; here are [15 DIY Advent Wreath Ideas](#), you can also purchase candles and a holder at Generations near the intersection of 33 and Grandview Avenue, or you can make a wreath from fresh greens if you want to be fancy! [Instructions can be found by clicking here.](#)

Did you know that Advent begins a new Liturgical Year for Catholics? A fun tradition is to celebrate "Catholic New Year's Eve" on the Saturday before the first Sunday of Advent, which is November 28th this year. Have a special meal or dessert and write resolutions for growing in your faith and relationship with God this coming year!

Week One: Hope

Each candle in the Advent Wreath represents a virtue, week one is Hope!

Advent helps us to remember that our Hope is in Jesus and His coming to us. St. Bernard of Clairvaux said there are three comings of Christ that we prepare for in Advent, when He came to Bethlehem as a baby, when He will come again at the end of the age, and now, when He comes into our hearts and lives.

This week, we encourage you to make your Advent wreath, light your candle as a family and say the prayers together (found on the next page!) to start the week and celebrate the following saints feast days:

St. Edward Campion: The patron of the United Kingdom. Today we celebrate by praying for our pastor, Father Bob. Write him a note letting him know your family prayed for him!

St. Francis Xavier, one of the founders of the the Jesuit Order. Pray the Examen prayer (found on the following pages!) together as a family

St. Nicholas: St. Nick's feast day is December 6th. So the night before, gather toys and clothing for St. Nick to pick up and take to those families in need! You can also watch [a video on Formed about St. Nicholas by clicking here](#)

Prayer for Lighting the Advent Wreath: Week 1

An Advent wreath can be a great focal point for family prayers and holiday celebrations.

An Advent wreath is a wreath of laurel, spruce or similar foliage with four candles that are lit successively in the weeks of Advent to symbolize the light that the birth of Christ brought into the world. Traditionally three of the candles are purple, the color of kings and of penance. A rose-colored candle is used to mark the Third Sunday of Advent as a time to rejoice over the closeness of Christmas and the Coming of Christ. Anyone in the household can be the leader!

Leader: Our help is in the name of the Lord.

All: Who made heaven and earth.

Leader: O God, by whose Word all things are sanctified, pour forth Your blessing upon this wreath and grant that we who use it may prepare our hearts for the coming of Christ and may receive from You abundant graces. We ask this through Christ our Lord.

All: Amen.

Then follows the prayer which is said before the evening meal each night of the first week in Advent.

FIRST WEEK:

After the prayer, the family's youngest child lights the first purple candle.

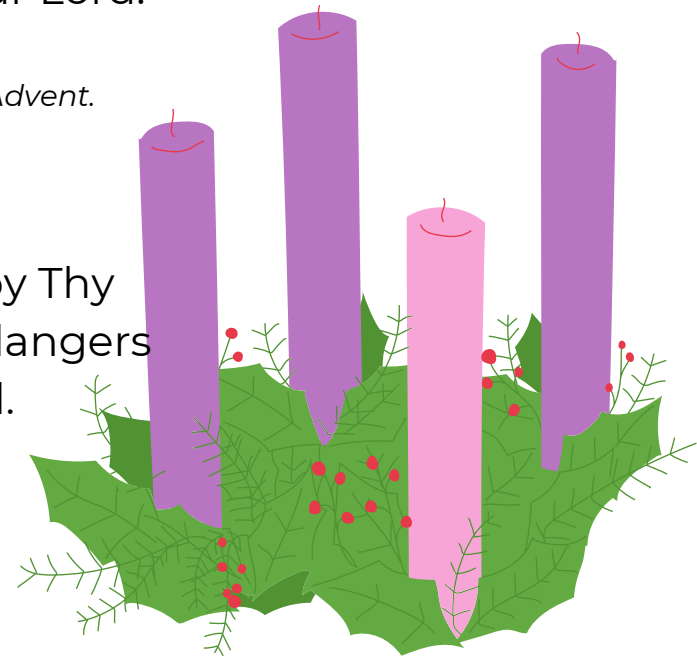
(Family members can also take turns lighting and blowing out the candles on each night.)

Leader: O Lord, stir up Thy might, we beg Thee, and come, That by Thy protection we may deserve to be rescued from the threatening dangers of our sins and saved by Thy deliverance. Through Christ our Lord.

All: Amen.

The candle is allowed to burn during the meal for the first week.

Some families like to end by singing "O Come, O Come Emmanuel"



ADVENT 2020: DECEMBER 3RD PRAYER ACTIVITY

AN EXAMEN FOR KIDS

St. Francis Xavier was a founder of the Jesuit order. The Examen is a daily prayer that his fellow founder, St. Ignatius of Loyola, received and made a part of the "Rule" of the order. Every Jesuit prays this at noon and at the end of their day as a way to connect with God & notice His presence in their life. This is an adapted version to use as a family!

STEP 1: BREATHE

Another name for the Holy Spirit is "Breath of God" When we breathe we can remind ourselves of God's presence with us. Deep breathing can help calm us to enter into a spirit of prayer. As your kids breathe in remind them to receive the Love of God and as they breathe out, remind them to give God their worry, concern, or fears. The littlest ones can draw a picture of how they imagine the Holy Spirit to look like. Older kids can write down a list of worries or concerns they want to give to God.

STEP 2: CHOOSE GRATITUDE

Ask your children:
"What are you most grateful for today?"
Or: "If you could relive 1 moment, what would it be?"
Or, "What little things did you see, say, hear, feel, or experience that made today so good?"
Have each family member take the time to draw or write what they are grateful for and then share with one another!

STEP 3: FEEL

Ask your children to think back on their day;
"What happened this morning as you got ready for the day? How did you feel"
"What happened at school today? How did you feel about it?"
"What happened this afternoon? How did it feel?"
"What happened during dinner time? How did you feel?" etc.
Have them write or draw how they felt during one specific moment of the day.
What might God be saying through those feelings?
Ask your children; "What about today are you least grateful for?" or "When did you feel least able to receive or give love?" or "Is there anything you've done today that you need to ask for forgiveness for?"

STEP 4: PRAY

Invite your children to think about what Jesus is saying to them through the events of the day.
Ask guiding questions such as, "What do you think Jesus says about our day?"
Invite them to pray in response: "What do we want to tell Jesus about what happened today?"
Encourage simple words of praise, thankfulness, repentance, and forgiveness. "You are good God" or "Thanks for a fun day God" or "I'm sorry for yelling at my sister God"

STEP 5: LOOK AHEAD

Ask your children, "When you think about tomorrow, what joys or challenges come to mind? Are you nervous? Excited? Worried? Why? How might we ask God for help and hope?
Then bring God your petitions for the coming day, it may be fruitful to have each family member pray for another's petitions.
Close in the sign of the cross.

Week Two: Faith

This week's candle represents Faith. I also like to think of this as "Mary Week" since there are THREE feasts celebrating our Blessed Mother, which is appropriate because Mary, in receiving Jesus into her womb, shows us a perfect example of Faith in Jesus.

This week, we encourage you to light your Advent Wreath candles as a family and say the prayers together (found on the next page!) to start the week and celebrate the following feast days:

The Immaculate Conception: In more precedented times, this is a Holy Day of Obligation. Here are three ideas on how you could celebrate:

1. Make an all-white dinner & talk about how Mary was freed from the stain of sin
2. Make these cute ornaments which show Mary in the womb of her mother, Anne
3. Pray for pregnant women & drop off diapers to the Columbus Diaper Bank

Our Lady of Loreto: Celebrates the home where Mary received the message from the angel Gabriel that she would bear Jesus into the world! You can learn more about this feast day here. Since this Feast celebrates the home of Our Lady, we encourage you to celebrate today with the simple act of being home together as a family, playing your favorite game, watching your favorite movie, or having your favorite meal!

Our Lady of Guadalupe: Our Lady appeared to St. Juan Diego in Mexico in 1531, you can learn about her miraculous image that is perserved on St. Juan's tilma to this day here. We encourage you to feast with your family today by enjoying yummy Mexican cuisine, make it at home or support a local restaurant like "La Super Torta", "Los Guachos Taquiera", "El Ranchito", "Los Agavez Taquiera" or others, by ordering take-out during this trying time!

Prayer for Lighting the Advent Wreath: Week 2

An Advent wreath can be a great focal point for family prayers and holiday celebrations.

An Advent wreath is a wreath of laurel, spruce or similar foliage with four candles that are lit successively in the weeks of Advent to symbolize the light that the birth of Christ brought into the world. Traditionally three of the candles are purple, the color of kings and of penance. A rose-colored candle is used to mark the Third Sunday of Advent as a time to rejoice over the closeness of Christmas and the Coming of Christ. Anyone in the household can be the leader!

Leader: Our help is in the name of the Lord.

All: Who made heaven and earth.

Leader: O God, by whose Word all things are sanctified, pour forth Your blessing upon this wreath and grant that we who use it may prepare our hearts for the coming of Christ and may receive from You abundant graces. We ask this through Christ our Lord.

All: Amen.

Then follows the prayer which is said before the evening meal each night of the second week in Advent.

SECOND WEEK:

After the prayer, the family's youngest child lights the first & second purple candle.

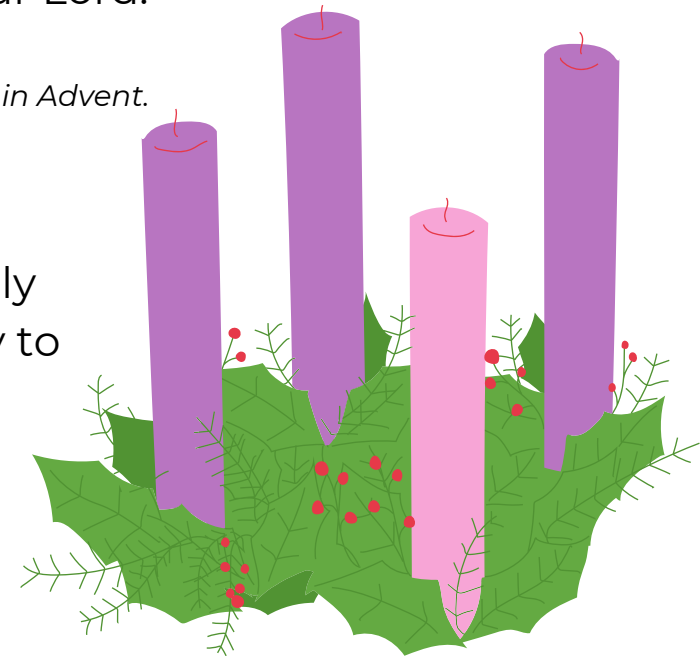
(Family members can also take turns lighting and blowing out the candles on each night.)

Leader: O Lord, stir up our hearts that we may prepare for Thy only begotten Son, that through His coming we may be made worthy to serve Thee with pure minds. Through Christ our Lord.

All: Amen.

The candles are allowed to burn during the meal for the second week.

Some families like to end by singing "O Come, O Come Emmanuel"



Week Three: Joy

This week's candle represents Joy and is known as "Gaudete Sunday". It gives us hope that Christmas is coming close! This week's activities are all about fun with your family to really embrace the JOY of the week!

This week, we encourage you to light your Advent Wreath candles as a family and say the prayers together (found on the next page!) to start the week and celebrate the following feast days:

Decorate your Christmas Tree: share stories of your family ornaments, talk about the Star that lit the way to Bethlehem and why we top our tree with one (or about the Angels who sang Glory to God and brought the shepherds to see the newborn King if you top your tree with an Angel!) Make hot cocoa and popcorn and enjoy being together!

Bake & Decorate Cookies: Or your other favorite holiday treats! If you don't love baking, may we suggest pre-made sugar cookies, store-bought icing, & plenty of fun sprinkles! Make extras and drop them off to neighbors, friends, or family to bring a little joy!

See the Christmas Lights: Hop in the car and drive around the neighborhood to check out your neighbors Christmas decorations, or check out the Columbus Zoo or Franklin Park Conservatory's lights for a special Advent tradition!

Prayer for Lighting the Advent Wreath: Week 3

An Advent wreath can be a great focal point for family prayers and holiday celebrations.

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Leader: Our help is in the name of the Lord.

All: Who made heaven and earth.

Leader: O God, by whose Word all things are sanctified, pour forth Your blessing upon this wreath and grant that we who use it may prepare our hearts for the coming of Christ and may receive from You abundant graces. We ask this through Christ our Lord.

All: Amen.

Then follows the prayer which is said before the evening meal each night of the third week in Advent.

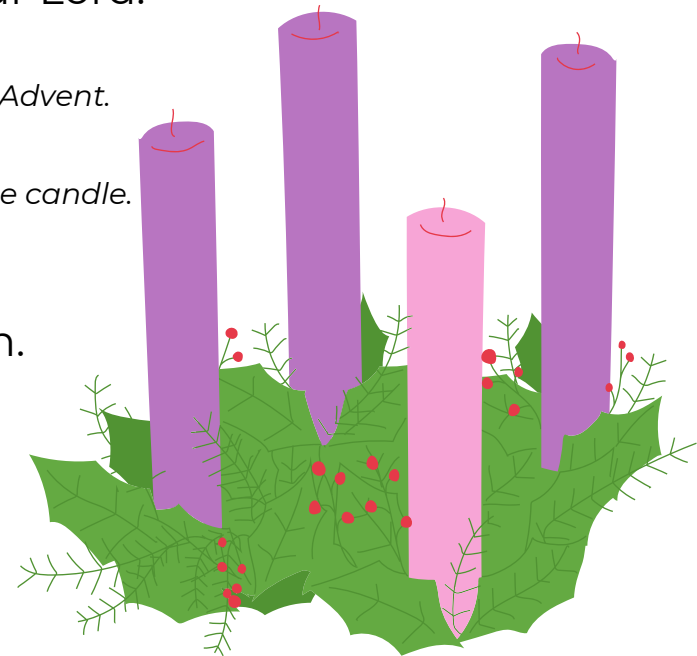
THIRD WEEK:

After the prayer, the family's youngest child lights the first & second purple candle and the rose candle. (Family members can also take turns lighting and blowing out the candles on each night.)

Leader: O Lord, we beg Thee, incline Thy ear to our prayers and enlighten the darkness of our minds by the grace of Thy visitation. Through Christ our Lord.

All: Amen.

The candles are allowed to burn during the meal for the third week. Some families like to end by singing "O Come, O Come Emmanuel"



Week Four: Peace

This week's candle represents Peace and we encourage you to embrace peace!

Slow down.

Wrap up your shopping and finish your wrapping.

Due to COVID, there likely won't be many parties to run off to or Christmas pageants & recitals to attend, take advantage!

Eat dinner together every night this week. Light your Advent wreath every night, not just on Sunday.

This week, we encourage you to light your Advent Wreath candles as a family and say the prayers together (found on the next page!) to start the week and celebrate the following feast days:

Read a Christmas story together each night.

Light the fireplace and put on Christmas music.

Watch your favorite Christmas movie.

Jesus is coming.

Keep hope. Keep faith. Keep joy.

Rest in His peace.

Prayer for Lighting the Advent Wreath: Week 4

An Advent wreath can be a great focal point for family prayers and holiday celebrations.

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Leader: Our help is in the name of the Lord.

All: Who made heaven and earth.

Leader: O God, by whose Word all things are sanctified, pour forth Your blessing upon this wreath and grant that we who use it may prepare our hearts for the coming of Christ and may receive from You abundant graces. We ask this through Christ our Lord.

All: Amen.

Then follows the prayer which is said before the evening meal each night of the fourth week in Advent.

FOURTH WEEK:

After the prayer, the family's youngest child lights all the candles

(Family members can also take turns lighting and blowing out the candles on each night.)

Leader: O Lord, stir up Thy power, we pray Thee, and come; and with great might help us, that with the help of Thy Grace, Thy merciful forgiveness may hasten what our sins impede. Through Christ our Lord.

All: Amen.

The candles are allowed to burn during the meal for the fourth week.

Some families like to end by singing "O Come, O Come Emmanuel"

