

THE SEASON OF ADVENT

A TIME OF WAITING, PRAYING, HOPING, AND SERVING...

Here are some ways to prepare together as a family for the coming of Jesus:

- † Make an Advent wreath and say a little prayer together each day.
- † Read a short Scripture passage from the readings of Advent and discuss them.
- † Create a manger. As family members do good deeds during Advent, a strip of paper or yarn is added to the manger as straw for the Baby Jesus.
- † Make an Advent calendar with a kind act, a prayer, or a reflection written on each day.
- † Draw names as a family and pray for each other daily and/or do something kind for your person in a quiet way.
- † Discuss your blessings as a family. How you can share with someone less fortunate during Advent?
- † Visit a nursing home; write a letter to someone who is homebound; help an elderly neighbor.
- † Research the meaning behind the symbols of Advent and Christmas: wreath, purple and pink candles, candy cane, angels, star, tree, bells, shepherds, Magi...
- † Sing Christmas carols and discuss their meaning.
- † Set up a crèche / nativity set. Each week move the figures closer to the middle of the stable.
- † Pray for the hungry and homeless of the world.
- † Help out at a soup kitchen or ring the Salvation Army kettle bells as a family.
- † Study Christmas traditions from around the world.



Advent Prayer

Come Lord Jesus, come Emmanuel,
come and rest in our hearts this Advent season.

Help us all to be generous in giving
and generous with our time and talents.

May we await You with peaceful hearts, with hearts that yearn for You,
our greatest and most cherished gift.

Show us how to bring peace to our broken world.

In this season of Advent, may we keep our eyes on You,
knowing and believing that You alone are the reason we celebrate.

Be born again in us, dear Jesus, that we might reflect Your love and care
to everyone we meet in this time of holy waiting.

Come, Lord Jesus, come Emmanuel, come into our hearts. Amen.

