

## Learning about Advent

Advent is a season of expectation and hope. During this season, we are reminded of the coming of Christ not only at Christmas, but of his Second Coming in glory at the end of time. Our attention is drawn to the Light that overcomes the darkness in our lives. The word "Advent" comes from the Latin *ad-* which means "to" and *-venire* which means "coming." Put together, the word means "coming to." The season of Advent points to the Lord's coming to his people. We celebrate Jesus' first coming as man at Christmas. On Christmas and throughout the Christmas season, we also celebrate that Christ is with us today and our great hope and belief that he will come again in glory.

To mark each of the Sundays of Advent, cut out one of the flames and glue it on the candle. On the Third Sunday of Advent, glue a flame on the rose-colored candle. On the First, Second, and Fourth Sundays of Advent, glue a flame onto the appropriate violet-colored candle. (The four Sundays of Advent are labeled on the sheet.)

[https://www.usccb.org/resources/Final Advent Calendar 2020 1.pdf](https://www.usccb.org/resources/Final_Advent_Calendar_2020_1.pdf)

This resource is full of great ideas for daily prayer and activity



## Living Advent

A short process of prayer and reflection for use with the Advent calendar is described below. This process can be used by parents and children together or individually by older children and adults.

- Set aside ten to fifteen minutes each day of Advent, perhaps in the evening or as bedtime approaches.
- Begin with the Sign of the Cross.
- Read the Gospel reading for *the next day* out loud or silently.
- Ask yourself or your family members what this Gospel is about and what it teaches us about the season of Advent.
- In the space provided for the next day, write a short, specific resolution or action such as "Pray for those in need," "Pray with Mary," "Find time for silence," or "Be kind to my classmate."
- Close with a short, spontaneous prayer such as "Lord, help me do my best to prepare to celebrate the coming of Jesus" or a traditional prayer such as the Our Father, Glory Be, or Hail, Mary.
- Look at the Advent wreath before you leave for work or school the next day to remind yourself what you will focus on that day.
- Check in with yourself or other family members at the end of the day to see how you did.
- If a day is a feast day, memorial, or optional memorial, you might want to research it on the internet.

# Living

# Advent

Third Week of Advent

Second Week of Advent

Fourth Sunday

Second Sunday

First Week of Advent

First Sunday

Fourth Week of Advent

LECTIONARY



Cut around the flames:

First Sunday



Second Sunday



Third Sunday



Fourth Sunday

