

# ADVENT 2021

**Advent** is a time of hopeful waiting and longing for the Messiah, a time of preparation, prayer, sacrifice, penance, and conversion. Since Christ has come, we are called to renew our desire for Him. Although Advent is not as rigorous as Lent, it is to be a time of penance to properly prepare for the coming of Christ. We can draw closer to Our Lord with fasting, increased prayer, acts of charity, silence, and eager anticipation.

*The Light shines in the darkness,  
and the darkness has not overcome it. | John 1:5*

These are ways in which Advent can be brought into our daily lives.

Take to heart the message of Advent: "Prepare the way of the Lord!" by receiving the **Sacrament of Confession** twice: at the beginning and again at the end of Advent.

Attend **daily Mass**. The readings of Advent are filled with hope and longing for the coming of the Christ Child.

Come spend some time with our Lord during times of **Eucharistic Exposition**

- ◆ Sundays 1pm-9pm
- ◆ Mon-Fri 9am-9pm
- ◆ Saturdays 9am-4pm

Consider taking a regular Holy Hour during Advent—a time you've *committed* to coming to spend time with the Lord. (See parish e-mail for sign-up link)

**Read** the book *Jesus and the Jewish Roots of Mary* by Brant Pitre.

**Fast** daily for three hours from all technology and media. This allows us to open a space daily for the Lord to speak to us during this Season.

Make a **Jesse Tree** out of paper or use a small tree branch. Ornaments are then made for the tree which depict the ancestral lineage of Jesus, starting with Jesse, the father of King David. *The Jesse Tree* by Geraldine McCaughrean is an excellent resource.

Carve time out every day for **reading** the Scriptures or spiritual reading. The Book of Isaiah is excellent Advent reading. Pope Benedict XVI's book, *Jesus of Nazareth: The Infancy Narratives* is also outstanding. Cardinal Sarah's book, *The Power of Silence* is an in-depth reflection on how God meets us in silence.

Utilize ***The Magnificat Advent Companion*** which is available at the exits of the church. It is full of beautiful, thoughtful reflections and readings.

**Best Advent Ever** is a program offered by Dynamic Catholic. Go to [dynamiccatholic.com/advent](http://dynamiccatholic.com/advent) for a free email program that sends daily messages that will help you rediscover the joy of the Season.

Make an **Advent wreath** and gather each day as a family to read the Sacred Scriptures, pray, and reflect on the meaning of the Incarnation.

Observe the Feast Day of **St. Nicholas** on Dec 6<sup>th</sup>. Children set out their shoes the evening before and find them filled with candy and/or religious articles in the morning. Share the story of the life and virtues of St. Nicholas in your home. Christmas stockings could be made and delivered to home-bound.

The **empty crib** of Jesus (from the Nativity Crèche) can be set out at the beginning of Advent with a container of straw next to it. For every sacrifice or act of kindness, a piece of straw is put into the manger. By Christmas, Baby Jesus should have a thick, soft bed of straw on which he may rest.

**Decorate your tree** with white lights, purple bows and a few pink bows until closer to Christmas. Then decorate as you normally would.

The internet is an important resource. Many Catholic sites offer daily e-mails for the duration of Advent.

- Formed.org
- USCCB.org
- Catholic.org
- Loyola Press
- WordonFire.org

Use **colors** of the **Liturgical Season** in your home: purple (violet) for most of Advent but pink (rose) on Gaudete Sunday. *Gaudete = Rejoice!*

Beginning one week before Christmas, read in your home together from the Gospels the sections that lead up to the birth of Christ. These could include such passages as: Matt 1:1-17, Luke 1:5-25, Luke 1:26-38, Matt 1:18-24, Luke 1:39-45, Luke 1:46-56 & Luke 1:57-80.

*Veni Veni, Emmanuel captivum solve Israel, qui gemit in exilio, privatus Dei Filio*