

Living Advent

A 4-week journey



Advent is upon us. This year, it happens to be the shortest Advent we can possibly have — with the 4th Sunday of Advent also being Christmas Eve — so it's more important than ever to be intentional about living out Advent.

How to Live a More Intentional Advent

1

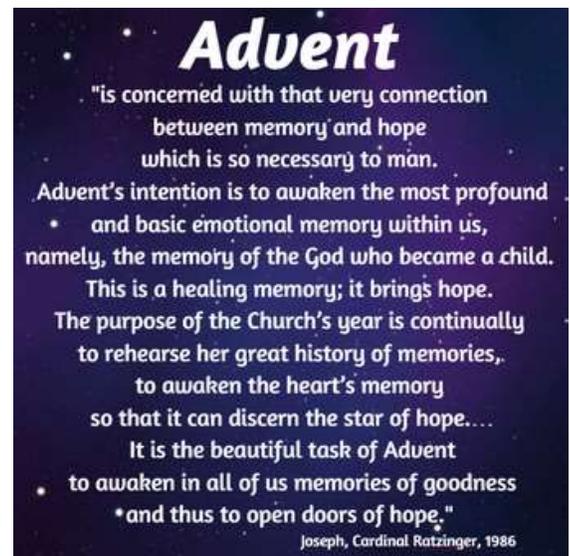
Attend Mass, Pray and Receive the Sacrament of the Eucharist

At Mass in Advent, the church focuses on Jesus' birth in His Word, (the Gospel) and in His presence in the sacrament of the Eucharist at every Mass. Talk at home about the message of the Gospel and how you can live this message in your life today.

2

Display an Advent Wreath

- On the first Sunday of Advent, put together an Advent Wreath, with three purple candles, one pink surrounded by an evergreen wreath. Place it on the table where your family eats meals.
- The wreath reminds us of God's promise of everlasting life through Jesus. The four candles represent the four weeks of Advent, and one candle is lit each Sunday. Three of the candles are purple because the color violet is a liturgical color that signifies a time of prayer, penance, and sacrifice. The third week the candle is pink to symbolize joy.
- Visit our Advent page for Advent Wreath prayers.



3

Making Room for Jesus at Home

- Start a **Giving Manger**. Welcome your family into this Sacred Season with a focus on practicing giving. Pick up straw and instructions on the Altar during Advent.
- Make your Creche the first Christmas Decoration you put up**. Hide Baby Jesus until Christmas. Read the story of Jesus' birth out loud with the family. Invite your older children to take part. Reflect upon your efforts to share God's love. Have a discussion. What did you learn? How did it feel?
- Come to our **Christmas Concert**, Dec. 16th, 8pm or Reflect at our "Lessons from" Talks every Sat at 1pm
- Get a Gift Tag from the **Giving Tree**, Choose a gift to give to the needy together. Wrap it and drop it back to the church, on the date specified in the bulletin.
- Make memories and traditions that will last a lifetime and for the faith of your family. Visit the **Advent page on our website**; to see prayers and activities chosen especially for you from our favorite websites.
- Get your free FORMED subscription free from Assumption; www.assumptionemerson.formed.org, listen to **Sunday of Advent 1-4 (Year C)**. Discuss what you learned with your children.
- Mix some Advent Music into your Christmas music playlists.
- Read together stories that can lead to reflective conversations, like Martin the Cobbler, by Leo Tolstoy; or The Night Before Jesus by Herbert Brokering.
- Teens: Assumption will give **Lifeteen's Messiah Stories** for a good-will donation of any amount. We are taking orders now until Dec. 1st. Email Assumption003@gmail.com to order.

Remember that Christmas is a whole season! Don't stop now, after four weeks of preparing, the celebrating has just begun!

Go to our Advent page to see the Christmas Season Schedule