



Year of Faith: Advent Anticipation—Christmas Joy

How do you prepare for a big event? You probably make sure you have the right clothes, food, and equipment. Usually the excitement builds until the big day and lasts for many days following. This cycle of preparing in order to celebrate is exactly what the Church has in mind with Advent. Literally the “coming”, Advent marks the time that we set aside to anticipate the second coming of Christ at the end of time while we recall and celebrate Christ’s first coming as an infant. We are called to reflect on our need for God, clear away some of the clutter and above all patiently anticipate God’s gift of love—Jesus Christ. During this Year of Faith let us take extra time to prepare and anticipate God’s activity in our lives, so when Christmas arrives we are able to celebrate fully—rejoicing in God’s gifts.

✻ **Big Picture**—during Advent try to step back from all the mundane things that occupy you and take in the big picture of the Gospel: God loves you, he wants you to be with him in Heaven and he patiently waits for your return. *Action:* Take five minutes each morning to read one of the Gospels, calling to mind God’s love for you.

✻ **Practice silence**—Silence is a lost commodity in our consumerist, technologically driven world, but it is in silence that we are able to clear our minds and focus on the important things. In silence we can calm ourselves and be like the manager in the stable of Bethlehem --an empty vessel--waiting to be filled by Christ. *Action:* Turn off the radio while you are driving or working in the house and let God speak in the silence.

Correlation to the Religion Course of Study & Six Tasks of Catechesis

Religion Graded Course of Study

Standard III-C: Describe the importance of Sunday Liturgy and the meaning of the liturgical year, its traditions, rituals and customs

The Six Tasks of Catechesis

Liturgical Life... “Coming to know and witness to the Paschal Mystery of Christ in the liturgical celebrations of the Church, which includes the sacraments. “

Helpful Resources*

Elementary

How Can I Celebrate Advent? (DVD 1090) Grades PreK, 1-2, 3-4; 27 min.

Advent Is for Children: Stories, Activities, Prayers (BK ADV/CMAS KELEJ) Grades PreK, 1-2, 3-4

Middle School/Junior High

Advent: Celebrating the Season (DVD 1100) Grades 3-8, 15 min.

Advent Calendar on DVD: A Christmas Countdown for December (DVD 1311), All Grades; 88min.

High School/Adult

An Advent and Christmas Journey (VTE 2462-2466) Adult; 5 programs 21-29 min each.

Advent: A Time For Hope (VTE 1610) Adult; 20 min

On-line Resources:

[Previous Timely Topics](#)

[Catholic Faith Education Blog](#)

* These resources and many others can be borrowed from the Diocesan media library, contact [Sue](#) or [Martha](#) for details