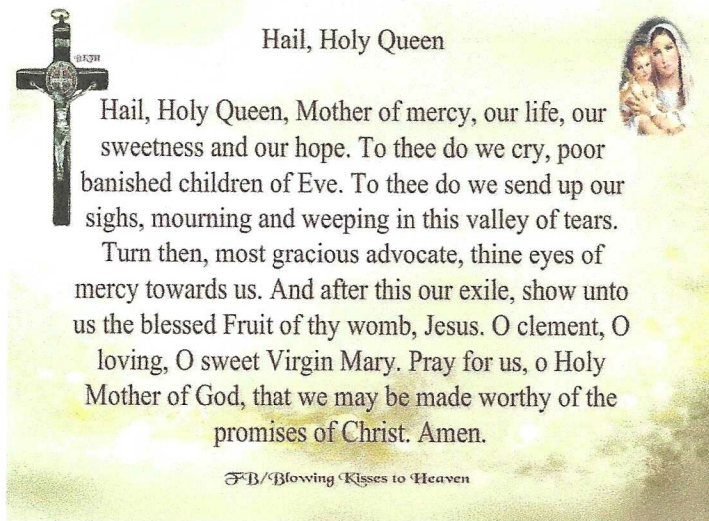


Living the Spirit of Advent – Make Ready The Way of the Lord

“Again, Jesus spoke to them saying “I am the Light of the world. He who follows me will not walk in darkness, but will have the light of life.” John 8:12

- **Opening Prayer**



Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us. And after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, o Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

FB/Blowing Kisses to Heaven

- “ Oh come oh come Emmanuel, And ransom captive Israel, That mourns in lonely exile here Until the Son of God appears. Rejoice! Rejoice! Emmanuel shall come to the, O Israel.”

Reflection: Reminds me of the “Hail Holy Queen”

- **Read Holy Saturday Homily**
- **Present Advent Videos**

[What Is Advent? - YouTube](#) – Advent is a time of **Waiting, Hope, Anticipation** for God’s promises/prophecies to be fulfilled. Wake up, be ready, know and look for God’s signs.

[Understanding the True Meaning of Advent - YouTube](#) – emptying ourselves, let the spirit control the flesh, sacrifice for God (Time, Treasure, Talent), Prepares for the Joy of Christmas and receiving the Lord into our hearts). Repent (confession), Be watchful, Mediate/Pray, Be Vigilant.

- **What is Advent?**

Advent – Latin Adventus for “to come to” and in Greek Parousia. Korban is sacrifice in Hebrew, which means “to draw close to”. The mass is a Thanksgiving sacrifice to draw us close to God.

It is the first of the 6 seasons of the Church’s liturgical year (Mystery of Christ unfolded through the cycle of year) that begins the Church Year. These seasons call us to live Christ’s

mystery in our own lives. Liturgy means the action of the work of the people.

***Reflection:** On Earth we have seasons (Fall, Winter, Spring, Summer) and in Heavenly/Spiritual Realm/Body of Christ we have liturgical seasons. Advent is in Winter in the dessert, exile, the Church Militant in battle. We are bearing our crosses with Christ to win souls.*

It is made up 4 Sundays and it is a penitential season of preparation before the celebration of Jesus' birth. It is the watchful season when Israel was waiting in anticipation for the Messiah and it is the time now where the Church is watchful for Christ's second coming and as we receive Christ daily in the Eucharist. We are always in this season in a way, because we are always preparing for the Lord to be apart of our heart and mind every day. We are the Pilgrim Church on Earth. We are part of a parish, which in Greek is parokein, which means traveler or wanderer or pilgrim. The Church on Eath is also, call the Church Militant. It is time to pursue deeper conversion by receiving God's Mercy in the sacrament of confession.

***Reflection:** Reminds me of the Penitential Act in mass during the introductory rite in mass prior to the liturgy of the word. We do this to prepare ourselves for the sacred mysteries. We actual begin preparing for mass before we get to church. First we are called to mass and then we respond.*

- **When is Advent in 2022?**

Begins with Sunday of the feast of Saint Andrew. It is the Happy New Year of the Church.

It begins on the first Sunday of Advent, which is November 27th and it ends before the evening Mass for the Vigil of Christmas December 24th. It is celebrated across 4 Sundays (11/27, 12/4,12/11, and 12/18). It includes Saint Nicholas on 12/6, Solemnity of the Immaculate Conception (Patron Saint of the United States) of the Blessed Virgin Mary on 12/8, which is a Holy Day of obligation. Also, Our lady of Guadalupe on 12/12

- **What is the Advent Liturgical Color?**

The liturgical color for Advent is a bluish Purple. It symbolizes Humility, Penance, Royalty, Sacrifice, sorrow for our sins. Rose is used on the 3rd Sunday for Joy/Rejoicing on Gaudete Sunday, imminent birth of Jesus.

- **What is the purpose of the Season?**

It is a time of **waiting** with expectation, a time of **hope** and **anticipation**. It is the Church in waiting. Israel waited for centuries for the fulfillment of countless Old Testament prophecies. We also wait for our savior to come again at the End Times and in the Eucharist daily.

In Advent we **fast** and make **sacrifices** for God like giving of our time, treasure, or talent and spend more time in prayer. The penance of Advent prepares for the joy of Christmas. There is one Sunday of Joyful celebration on Gaudete Sunday, which is the 3rd Sunday of Advent and the priest wears rose color vestments.

We are to **prepare a Way a Highway** for the Lord in our lives, so he can come directly into our hearts without any obstacles. God says before his coming that he will level the mountains (Our egos/Pride/Sin) and lift up the Lowly (Poor and Poor in Spirit/Humble), so our path is smooth and straight.

We are to empty ourselves like the jars of Cana so we can be filled with the wine of the Holy Spirit. Originated as a 40 day fast in preparation of Christmas. It is a way for the Spirit to control the flesh not the other way around.

- **How do we get ready, prepare, how do we wait without giving up hope, getting distracted by the Evil One?**
 - How did Israel prepare for the Messiah?

 - How do we prepare to receive the Eucharist today?

 - How do we stay vigilant for the 2nd coming at our Death and Judgement, so we are ready to join Christ
in His heavenly Kingdom?

Confession – “Repent/Change the kingdom of God is at hand,” It is time to pursue deeper conversion by receiving God’s Mercy in the sacrament of reconciliation. Going to Confession is strongly recommended during advent. Jesus tells us to stay awake, remain vigilant, and to not fall asleep spiritually and to not be caught off guard. There were many people in the Old Testament were not ready for Jesus (Inn keepers who denied a place for Mary and Joseph), Herod, The scholars of the law (Pharisees and Sadducees). Some ready for example (Mary and Joseph, the Magi, the Shepherds).

Holy Mass – Ideal time to attend Mass more frequently.

Reflect on the Sorrowful mysteries of the rosary to increase the following fruits of the Spirit:

- Acceptance of God’s will
- Purity of Intention
- Contrition
- Patience
- Perseverance

- **Church Advent Traditions**
What traditions do your family participate in?

- **Advent Journal/Gospel Reflection Books** - Readings for the First Sunday in Advent

Isaiah 2:1-5, Psalm 122:1-9, Roman 13:11-14, Matthew 24:37-44

Lection Divina Exercise on Gospel Reflection – Means Divine Reading in Latin Monastic practice use for scripture reading and prayer.

Lection (read), Mediatio (Reflect/Meditate), Oratio (Pray/Respond), Contemplatio (Contemplate/Rest)

- **Make a Jesse Tree** –Received its name because the prophet Isaiah said 11:1 “But a shoot shall sprout from the stump of Jesse, and from its roots a bud shall blossom.” Jesse was the Father of King David, and Jesus is called the Son of David in the New Testament. One ornament is added each day that symbolize the ancestors of Jesus, events and prophecies that tell the story of God through the Old Testament and using scripture verses that go along with each ornament.
- **Straw in the Manger** – Put a straw in the manger every time a someone does a good deed to create an atmosphere of thoughtfulness, kindness. (Jesus told Saint Faustina, “I am giving you 3 ways of exercising Mercy toward your neighbor, by Deed, Word, and Prayer” Diary entry 742)
- **Advent music** - Catholic Songs of Comfort https://www.youtube.com/watch?v=DjChz8UzuxQ&list=PLJEwgyKqlyV6e3ltHULmwVXYAx5-Ce_KR&index=28
- **Advent Calendars** – Used to count down the days until Christmas
- **Nativity Scene** – don’t add baby Jesus until Christmas Day
- **Lighting an Advent Wreath (Church Tradition adopted in the Middle Ages)**

What traditions does your family having in using their advent wreath?

It is normally in the shape of a circle to symbolize that God is eternal with no beginning nor end, and holly leaves which symbolize the crown of thorns, evergreen always stays green and never change color symbolize the unchanging, faithful nature of God and eternal life, flame of candles for Jesus being the light of the world. Unlit candle represents the dark ages before Christ coming and the 4 weeks of Advent and 4,000 years from Adam and Eve until Jesus. Each week as more candles are lit the more light shines and the brighter it gets as we get closer to Jesus’s arrival.

“I am the light of the world, whoever follows me will never walk in darkness, but will have the light of life” (John 8:12)

4 Virtues are celebrated and a new candle is lit along with a prayer is completed each Saturday or Sunday evening with the family and they are lit every evening of the week after that.

Week 1 (Purple Candle)- Hope/Prophecy Candle in remembrance of the Prophets who foretold the birth of Christ. “Therefore, the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Immanuel.” Isaiah 7:14

Week 2 (Purple Candle) – Faith/Bethlehem Candle as we remember Mary and Joseph’s journey to Bethlehem. “This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger”

Week 3 (Rose Candle) – Joy (Gaudete Sunday (Latin for Joy) 1 week prior to Christmas)/Shepherds Candle to remind us of the joy that the world experienced at the birth of Jesus. “And there were shepherds living out in the field nearby keeping watch over their flocks at night. An Angel of the Lord appeared to them, and the glory of the Lord shone around them.” Luke 2:8-14)

Week 4 (Purple Candle) – Peace/Angel’s Candle reminding us of the message of the Angels.

“Glory to God in the highest heaven, and on Earth peace to those on whom his favor rests.” Luke 2:13-24

Christmas Day/Christ Candle White –lit on Christmas and placed in the center of the wreath. White symbolizes the purity of Christ, sinless, spotless pure Savior. Those who receive Christ as Savior are washed of their sins and made whiter than snow.

“Come now, let us settle the matter,” says the Lord. “Though your sins are like scarlet, they shall be as white as snow, though they are red as crimson, they shall be like wool (Isaiah 1:18)

- **Complete Blessing of Advent Season**
- **Ending Prayer by Matthew Kelly**

“God of hope, I look to you with an open heart and yearning spirit. During this Advent Season, I will keep alert and awake, listening for your word and keeping to your precepts. My hope is in you”

Scriptures for Advent Reflection

Psalm 130, 5-8

“I wait for the Lord, my soul waits and I hope for his word. My soul looks for the Lord more than sentinels for daybreak. More than sentinel for daybreak let Israel hope in the Lord. For with the Lord is mercy, with him is plenteous redemption, And he will redeem Israel from all its sins.”

Psalm 23 - "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; you rod and your staff comfort me. You set a table before me in front of my enemies; you annoint my head with oil; my cup overflows. "

Psam 91-

Wisdom 3: 1-9 - "God has tested them and found them worthy of himself. As gold in the

furnance, he proved them, and as sacrificial offerings he took them to himself."

Matthew 24 – The Parousia 2nd coming

Mark 32-37

"But of that day or hour no one knows neither the angels in heaven nor the son, but only the Father be watchful be alert you do not know when the time will come. It is like a man traveling abroad he leaves home and places his servant in charge each with his work and orders the gate keeper to be on the watch. Watch therefor you do not know when the Lord of the house is coming whether in evening or at midnight or at cock crow or in the morning. May he not come suddenly and find you sleeping. What I say to you I say to all Watch."

Mark 14 32-42 -Agony in the Garden

Luke 6:7 -our enemies are watching us.

"The scribes and the pharisees watched him closely to see if he would cure on the sabbath, so that they might discover a reason to accuse him."

Luke 11 37-41

"After he had spoken, a pharisee invited him to dine at his home. He entered and reclined at table to eat. The pharisee was amazed to see that he didn't observe the prescribed washing before the meal. The Lord said to him oh you Pharisees, although you cleanse the outside of the cup and the dish, inside you are filled with plunder and evil. You fools did not the maker of the outside also make the inside? But as to what is within **give alms** and behold everything will be clean for you."

Luke 11:53-54 – They are prowling like a roaring lion looking for someone to devour

"When he left the scribes and pharisees began to act with hostility toward him and to interrogate him about many things for they were plotting to catch him at something he might say."

John 6:37-40 - "Everything that the Father gives me will come to me, and I will not reject anyone who comes to me. And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it on the last day. For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him on the last day."