

Advent

The word Advent is from the Latin *adventus* for "coming" and is associated with the four weeks of preparation for Christmas. Advent always contains four Sundays, beginning on the Sunday nearest the feast of St. Andrew the Apostle (30th November) and continuing until 24th December. In 2022, Advent begins on November 27th and ends on December 24 (Christmas Eve), as the Mass of the Lord's Nativity begins.

WHY DO WE CELEBRATE ADVENT? The Catechism of the Catholic Church (paragraph 524) says, When the Church celebrates the liturgy of Advent each year, she makes present this ancient expectancy of the Messiah, for by sharing in the long preparation for the Saviour's first coming, the faithful renew their ardent desire for his second coming. By celebrating the precursor's birth and martyrdom, the Church unites herself to his desire: "He must increase, but I must decrease."



WHY IS ADVENT IMPORTANT TO THE CATHOLIC CHURCH?

This is a period of preparation for the celebration of the Incarnation at Christmas. As Christmas seems to arrive commercially ever earlier each year, the faithful should try to turn our hearts more toward the Lord. Mother Angelica, once said, "Let's not let the season pass without a depth of spirituality in our hearts that lets us ponder. Ponder the mystery of how, and why, this Omnipotent God, before Whom angels tremble, would come down and live nine months in the most pure and holy woman that ever lived, and ever will live. He was confined in a womb with that Infinite Intelligence, Infinite Power, and the Power of the Holy Spirit."

HOW DO YOU PREPARE YOURSELF DURING ADVENT? First, it is a good idea to pray more, possibly including the Joyful Mysteries of the Rosary, which call to mind the mysteries associated with the Lord coming into the world. It is also important to read Sacred Scripture, especially the Infancy Narratives of Matthew and Luke. The Catechism of the Catholic Church, chapters 2 and 3 of the Second Part on the Creed, expresses the Church's Faith in the Incarnation and Nativity of the Lord. Finally, to truly prepare, it is important to go to Confession at least once during the season, and maybe go to daily Mass and do Eucharistic Adoration when you are able.

"Advent is a journey towards Bethlehem. May we let ourselves be drawn by the light of God made man."

Pope Francis

HOW DO YOU OBSERVE ADVENT? Advent is considered the Little Lent, as it begins by recalling that Christ will come at the end of the world as Judge, a reminder of the holiness with which we should be prepared to greet the Lord. Thus, although not strictly a penitential season, the faithful should turn their hearts toward Jesus in prayer, almsgiving, and sacrifice. In the last part of Advent, we look forward with anticipation and joy to His First Coming, in Bethlehem. One way to do this is to meditate on the O Antiphons used in the Mass, each of which represents a messianic title of Christ from the Old Testament.

WHAT ARE THE ADVENT SYMBOLS? There are many symbols for Advent: the Advent calendar, Advent wreath with candles, the Jesse Tree, and the Crèche - with the Baby Jesus absent until Christmas Eve. Each of these can be the basis of a family tradition, especially to teach children how to prepare for Jesus' Birth.

WHY IS PURPLE USED IN ADVENT? The liturgical year has different colours for the different seasons. *Redemptio Sacramentum* (No. 121) says, "The purpose of using different colours is to express the specific character of the various mysteries. The use of the diverse colours is both pedagogical and symbolic of the various liturgical feasts and seasons." Violet or purple, a symbol of suffering and penitence, is therefore the liturgical colour used in Advent and in Lent.

"In Advent, Christians relive a dual impulse of the spirit; on the one hand, they raise their eyes to their final destination of their pilgrimage through history, which is the glorious return of the Lord Jesus; on the other, remembering with emotion His birth in Bethlehem, they kneel before the Crib."

Pope Benedict XVI

Prayer for a Fruitful Advent

My hidden Lord Jesus, I love You and thank You with profound gratitude for uniting Yourself with fallen humanity. When You first entered into this world, You remained hidden for nine months in the immaculate womb of Your Blessed Mother. She carried You, body and blood, soul and divinity, within the sanctuary of her body. She also carried You within her heart as a result of her perfect love for You and her perfect obedience to the will of the Father.

Precious Lord, as I embrace this Advent Season, please open my eyes to see the great value and blessing of Your Incarnation. Help me to discover Your hidden presence in this world and within my own soul. I desire to see, understand and experience the profound effects that Your Incarnation has on my life and I desire to receive those effects more fully this Advent. May I become a sanctuary in which You dwell so that I, like Your dear Mother, may bring Your presence into the world.

My loving Jesus, I choose You, this Advent, as my King and my God. I abandon myself to You and seek to put all my trust in Your tender care. Draw me close to You and free me from my sin so that I may love You with a pure and holy heart.

Mother Mary, as You carried your dear Son in your immaculate womb, you also carried Him in your heart. Pray for me, this Advent, that I may surrender myself to the will of the Father in imitation of you. You said “Yes” to all that God asked of you and never hesitated to fully embrace His divine will. Pray that I may imitate your perfect example so as to share a deeper union with you and your divine Son.

Come, Lord Jesus, Come, Lord Jesus, Come, Lord Jesus! Amen.

Children’s Version

My little Lord Jesus, I love You and thank You for this Advent season. Please help me to understand all that You have done for me. Your loving mother held You in her heart and brought You into this world. Help me to do the same.

My loving Jesus, I choose You, this Advent, as my King and my God. Draw me close to You and help me to see my sins so that I can change the things that You want me to change.

Mother Mary, pray for me this Advent so that I may do all that God wants me to do. You said “Yes” to all that God asked of you. Please pray for me that I may do the same.

Come, Lord Jesus, Come, Lord Jesus, Come, Lord Jesus, come!
I love You, Jesus. Amen.

The Joyful Mysteries of the Rosary

The Apostles’ Creed (Prayed on the Crucifix)

Our Father (Prayed on the first large bead)

3 Hail Mary’s... (Prayed on the first three beads)

Glory be... (Prayed before the first decade)



**First Joyful Mystery:
The Annunciation**

Our Father...10 Hail Mary’s Glory be...

**Second Joyful Mystery:
The Visitation.**

Our Father...10 Hail Mary’s Glory be...



**Third Joyful Mystery:
The Nativity**

Our Father...10 Hail Mary’s Glory be...

**Fourth Joyful Mystery:
The Presentation in the Temple**

Our Father...10 Hail Mary’s Glory be...



**Fifth Joyful Mystery:
The Finding in the Temple**

Our Father...10 Hail Mary’s Glory be...

Concluding Prayers:

Hail Holy Queen (Salve Regina)

Prayer to St. Michael the Archangel

The Rosary is prayed before Mass every Tuesday evening, from 6:35pm in Church. Please join us.