

LITURGICAL LIVING

Series 15: December 3-9

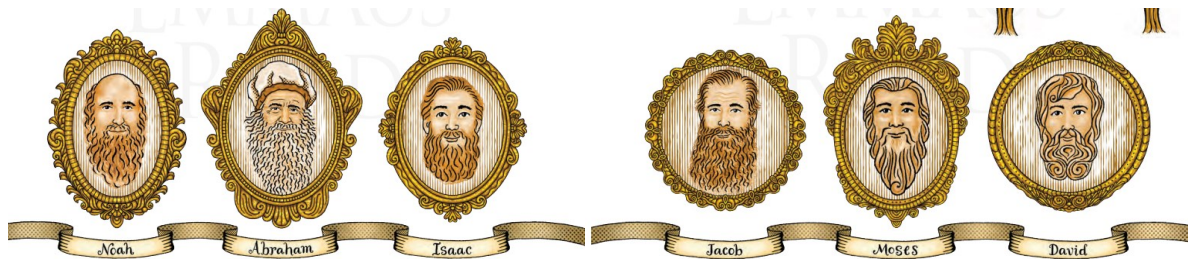
SEE AFC WEBSITE FOR DIGITAL CONTENT!

Advent... Waiting for the Coming of the Messiah

Our first parents, Adam and Eve were created by God out of love. They lived in full communion with God as they had been created until they failed to trust in God, committing the first sin which is called original sin. Adam and Eve's, and all their children's, relationship was broken. They and we could never fix it on our own, and this is why God promised a Messiah to save us!

The story of God's plan to save us is called, salvation history. The Bible includes the people, places and events of the past which are connected to this great story. God's people waited for the Messiah while they lived in the darkness of sin. However, there was always a reason for hope: throughout the ages God has been actively taking care of His people and made it more apparent at opportune times with covenants. These covenants were binding commitments with his people to show He was keeping his promise of a savior that would restore our relationship with God.

Advent begins in this waiting for the Messiah. We wait in trust and in hope for the light of the world to come.



What's the Deal with all the Advent feast days?

There are so many wonderful feasts you can celebrate this Advent. Don't feel like you should do all of them but I encourage you to add something that you think will work for your family this year! Here are some ideas to help you to pray, prepare and celebrate the Season of Advent.

“With today's first Sunday of Advent, a new liturgical year begins. The Church takes up her journey again, and invites us to reflect more intensely on the mystery of Christ, a mystery that is always new and that time cannot exhaust. Christ is the Alpha and the Omega, the beginning and the end. Thanks to him, the history of humanity proceeds as a pilgrimage toward the fulfillment of the Kingdom which He inaugurated with his Incarnation and victory over sin and death.”



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THE DAYS OF ADVENT

December 3: First Sunday of Advent: Hope

- Set up your Advent Wreath in a central location.
- Here is a [printable wreath](#) for kids to color and [instructions](#).
- [Advent prayer booklet](#) and [video](#)

December 4

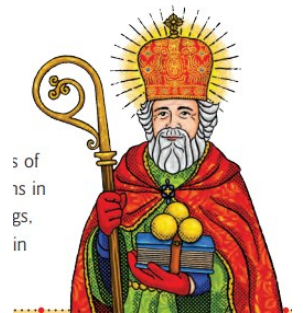
- You can still start the [St. Andrew Novena!](#) I mentioned this in Week 14.
- Advent introduction videos for [younger](#) (Brother Francis) and [older](#) kids.
- [Advent Symbols Coloring Page](#)

December 5: Advent Music

- [Advent Music Playlist](#) (Youtube) or [Spotify](#)
- [The Advent of Christmas](#)

December 6: St. Nicholas

- St. Nicholas was a bishop in third-century Turkey. He is remembered for helping the poor and the sick. The most known story of him is him secretly leaving money for the three daughters of a poor man to provide dowries for them. He put three bags of gold coins in their windows and they landed in their stockings which were hung by the fire to dry.
- **Celebrate**
 - Exchange Christmas stockings on this day
 - Leave gold chocolate coins (like the money he gave) or candy canes (like a bishop's crosier) in the shoes of your loved ones.
 - Donate to a charity of family choice



December 7: St. Ambrose

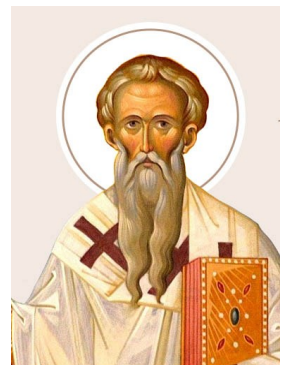
- St. Ambrose lived in the late 300s AD and became a bishop the same week he was baptized a Christian and ordained a priest. This is attributed to his speaking abilities but it must have been God's plan because he was an excellent bishop. He actually helped in St. Augustine's conversion.

- Prayer of St. Ambrose

O Lord, who hast mercy upon all, take away from me my sins, and mercifully kindle in me the fire of thy Holy Spirit. Take away from me the heart of stone, and give a heart of flesh, a heart to love and adore Thee, a heart to delight in Thee, to follow and enjoy Thee, for Christ's sake, Amen.

- **Celebrate**

- Eat a treat that includes honey. St. Ambrose was said to have a "honeyed" tongue due to his great speaking abilities. Ambrosia Salad is also an option!
- [Ambrose Coloring Page](#)



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THE DAYS OF ADVENT CONTINUED

December 8: The Solemnity of the Immaculate Conception

- Get to Mass! The Solemnity of the Immaculate Conception is a holy day of obligation! It is one of the most important feast days in the Church calendar. JI Mass is at 8:15 with confessions before and after. This would be a great Mass to attend with your children at JI! :) Otherwise, Mass is at 7pm in St. Peter as well. Confessions before and after as well.
- Sometimes people confuse this feast day as the day Jesus was conceived but it is actually about Mary's conception. As Catholics, we believe that Mary was preserved from original sin from the moment of her conception in order to be the mother of Jesus. This is why Mary is often called "the New Eve." Because she was created pure, just as Eve was before the fall.
- The story of how the Immaculate Conception became dogma in the church is beautiful. Mary actually appeared to St. Bernadette at Lourdes. More about the Immaculate Conception [here](#) and Lourdes, [here](#).
- **Celebrate**
 - Pray the [Litany of the Blessed Virgin Mary](#) as a family
 - Enjoy an all white meal to symbolize Mary's Immaculate Conception and sinlessness. Alfredo!
 - [Coloring page](#)



December 9: St. Juan Diego and Our Lady of Guadalupe (12)

- St. Juan Diego and Our Lady of Guadalupe go together so it makes sense to celebrate them together!
- St. Juan Diego was a middle aged Aztec peasant who lived during the Spanish conquest of Mexico. He became a Christian and would often walk many miles through the hilly region where he lived between his home and his church. On December 9, 1531, Mary appeared to him, looking like a beautiful Aztec lady. She asked him, in his native language, to tell the archbishop to build a church for her. The archbishop didn't fully believe it at first. So, the archbishop told Juan to ask Mary for a sign. As he was about to do this his uncle fell sick, and Juan cared for him instead. He tried to avoid that path to avoid Mary, but she appeared to him again. She asked him, "Am I not here, I who am your mother?" She directed him to gather some roses nearby that were growing out of season and to take them to the bishop. He wrapped the roses in his cloak and arrived before the archbishop on December 12. When he released his cloak, there was a miraculous image of Our Lady embedded in the fibers of the fabric. All were astonished and fell to their knees. Two weeks later, the first chapel was built on the site of the apparitions and the cloak was installed inside.
- Our Lady of Guadalupe has become a very important part of the Americas culture and has inspired millions of conversions to the Catholic faith. Despite being over 500 years old, the image shows no sign of deterioration.
- Visiting the Shrine outside of Mexico City is a beautiful pilgrimage that I hope to make one day! There is also a Shrine dedicated to Our Lady of Guadalupe outside of [La Crosse, Wisconsin](#) and it is beautiful! A good day trip to consider. The diocese of New Ulm is actually organizing a trip on December 16 this year! More info [here](#).
- **Celebrate**
 - Pray or listen to the Hail Mary in Spanish
 - Pray the [prayer JP II](#) said when he visited the Shrine in 1979.
 - Decorate your home with some roses- real or created
 - Enjoy traditional Mexican food
 - [Coloring Page](#)

