

DIOCESE OF  SALFORD
Department for Formation



Preparing the Way:
Advent @ Home

Resources to support Prayer at Home

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INTRODUCTION

Advent is the liturgical season that precedes and prepares us for Christmas. It is a season of hope and of longing, of joyful expectation and of peaceful preparation. Advent is that time of the year when we look forward in eager anticipation for his return in glory and prepare ourselves for the celebration of the birth of Jesus, who is true God and true Man. His arrival changed the world forever; it is God's greatest gift to his people. Through the message of John the Baptist, the ministry of the angels, the obedience of Mary and St Joseph, the joy of the shepherds, the adoration of the magi and the expectation of Elizabeth and Zechariah we pray and enter more deeply into the events of the Saviour's birth.

During these difficult days Bishop John is encouraging households and individuals to pray together at home. May our homes be places where we meet Jesus at this time. We hope these resources will help sustain your prayer life this Advent.

In addition to these resources, we encourage you to stay in touch with your parish who may be offering private prayer and streamed Masses. There are a number of resources for 'Church at Home' on the diocese website [here](#).

If you are reading a printed version of this resource, please visit www.dioceseofsalford.org.uk/advent-at-home for this resource electronically where you can follow all the links.

Key dates - Advent/Christmas 2020/21

- Sunday 29th November 2020 - 1st Sunday of Advent
- Sunday 6th December 2020 - 2nd Sunday of Advent
- Tuesday 8th December 2020 - Immaculate Conception of the Blessed Virgin Mary
- Sunday 13th December 2020 - 3rd Sunday of Advent
- Sunday 20th December 2020 - 4th Sunday of Advent
- Friday 25th December 2020 - Christmas Day
- Friday 25th December 2020 - Sunday 10th January - The Season of Christmas
- Sunday 27th December 2021 - The Feast of the Holy Family
- Friday 1st January 2021 - Mary, Mother of God
- Sunday 3rd January 2021 - 2nd Sunday of Christmas
- Wednesday 6th January 2021 - The Epiphany of the Lord
- Sunday 10th January - The Baptism of the Lord



PRAYERS

Father in heaven,
our hearts desire the warmth of your love
and our minds are searching for the light of your Word.
Increase our longing for Christ our Saviour
and give us the strength to grow in love,
that the dawn of his coming
may find us rejoicing in his presence
and welcoming the light of his truth.
We ask this in the name of Jesus the Lord.
Amen

Leader: Lord Jesus, in this Advent season we wait eagerly
for your arrival. Come fill us with your hope, your peace,
your love, and your joy.

All: Come, Lord Jesus, come!

Leader: The world isn't like you wanted it to be. We don't love
each other as you love us. So come and help us change.

All: Come, Lord Jesus, come!

Leader: The world is full of fighting and wars. We even find it
difficult to get on with our friends and family sometimes.
We need you, Jesus. Come show us how to live in peace.

All: Come, Lord Jesus, come!

May the star of Bethlehem, which shone brightly over the first crib stand guard over our homes, filling them and all the earth with light and peace. We adore you, O Christ, and we bless you because by your Holy Birth you give hope to all the world. Amen



SCRIPTURE

Gospel for the First Sunday of Advent - Mark 13:33-37

Jesus said to his disciples: 'Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!'



Gospel for the Second Sunday of Advent - Mark 1:1-8

The beginning of the Good News about Jesus Christ, the Son of God. It is written in the book of the prophet Isaiah:

Look, I am going to send my messenger before you;
he will prepare your way.

A voice cries in the wilderness:

Prepare a way for the Lord, make his paths straight.

and so it was that John the Baptist appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. All Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan they confessed their sins. John wore a garment of camel-skin, and he lived on locusts and wild honey. In the course of his preaching he said, 'Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of his sandals. I have baptised you with water, but he will baptise you with the Holy Spirit.'



Gospel for the Third Sunday of Advent - John 1:6-8,19-28

A man came, sent by God.
His name was John.
He came as a witness,
as a witness to speak for the light,
so that everyone might believe through him.
He was not the light,
only a witness to speak for the light.

This is how John appeared as a witness. When the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' he not only declared, but he declared quite openly, 'I am not the Christ.' 'Well then,' they asked 'are you Elijah?' 'I am not' he said. 'Are you the Prophet?' He answered, 'No.' So they said to him, 'Who are you? We must take back an answer to those who sent us. What have you to say about yourself?' So John said, 'I am, as Isaiah prophesied:

a voice that cries in the wilderness:
Make a straight way for the Lord.'

Now these men had been sent by the Pharisees, and they put this further question to him, 'Why are you baptising if you are not the Christ, and not Elijah, and not the prophet?' John replied, 'I baptise with water; but there stands among you - unknown to you - the one who is coming after me; and I am not fit to undo his sandal-strap.' This happened at Bethany, on the far side of the Jordan, where John was baptising.



Gospel for the Fourth Sunday of Advent - Luke 1:26-38

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a virgin?' 'The Holy Spirit will come upon you' the angel answered 'and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God.' 'I am the handmaid of the Lord,' said Mary 'let what you have said be done to me.' And the angel left her.



Each week Bishop John will give a short reflection on the Gospel [here](#) (Diocesan YouTube)
The Youth Team will provide a 'One Minute Word' [here](#) (Youth Facebook)
There are written reflections on symbolism of Advent available [here](#) (Diocesan Website)
Sunday Lectionary readings for Liturgy of the Word with Children are available [here](#)
(Pflaum publishing group)

THE ADVENT WREATH

The Advent wreath is an old German custom that is being used to an increasing extent throughout the western world. Such wreaths can be bought, but preferably a family should make its own wreath as we tend to give greater value to something into which we have put our own effort and thought into.

To help you, we have put together a guide to help you make your own Advent Wreath as a family.

The Traditional Wreath

Many churches and families prominently display an evergreen wreath with four candles throughout the Advent Season.

It is traditionally made of some type or mixture of evergreens (fir, spruce, juniper, holly, etc.), While the wreath is being made, the symbolism of light and how Christians have always thought of Christ as bringing light into the darkness and chaos of a disordered world could be explained.

- You will need a straw ring/oasis/circle of wire/circle of twigs to make the base.
- Following this, collect a mixture of evergreens to cover the whole of the base. (These can be fixed on using string/wire etc).
- Next you need to decide which candle you wish to use. Battery candles are the safest and can be glued/taped onto the base of the wreath. You will be four candles. If you do use real candles extra care should be taken with adults lighting and extinguishing the flame. **NEVER leave a lit candle unattended.**
- The wreath can be laid flat on a table - for instance to form the centre piece of the dining table throughout the Advent season. If so, Christmas tree candles (or larger ones if preferred) can be fixed into holders.

Do you have any Lego pieces at home?

A Lego Wreath



(Photo courtesy of CM)

Paper Advent Wreaths



Explanation of the Advent Wreath

- Advent wreaths traditionally include three purple/violet candles and one pink/rose-coloured candle, which are arranged evenly around the wreath.
- Only one purple candle is lit during the first week, two in the second week, three (incl. the pink one) in the third week, and all four during the fourth week of Advent; the gradually increasing light symbolizes the approach of Christmas, the birth of Jesus, the Light of the world.
- Since the rose candle is not lit until the Third Sunday of Advent, it is best to start on the First Sunday of Advent lighting the purple candle located directly opposite the pink one, and then to continue clockwise around the wreath in the following weeks. Thus, one could go in the following order: 1-right, 2-front, 3-left (rose), 4-back; or 1-front right, 2-front left, 3-back left (rose), and 4-back right.
- In many churches, a large wreath is ritually blessed at the beginning of the first liturgy on the First Sunday of Advent. Families can also use a smaller Advent wreath in their homes, which they themselves can bless. Below (appendix A) is a short liturgy for blessing the Advent Wreath which can be done by a parent.
- Families can gather around the wreath daily for some brief Advent prayers and readings, especially at the time of the evening meal, lighting the appropriate number of candles for each week.
- Some traditions assign specific symbolism to each of the candles:
 - 1) The Prophet's Candle, symbolizing Hope;
 - 2) The Bethlehem Candle, symbolizing Faith;
 - 3) The Shepherd's Candle, symbolizing Joy;
 - 4) The Angel's Candle, symbolizing Peace.
- Some churches and families add a fifth candle (white) in the middle of the wreath for Christmas Eve or Day; others continue using the same wreath throughout the Christmas Season, replacing the coloured Advent candles with fresh candles that are white or gold, symbolizing the arrival of Christ, the light of the world.



If you are reading a printed version of this resource, please visit www.dioceseofsalford.org.uk/advent-at-home for this resource electronically where you can follow all the links.

FOR INDIVIDUALS

- [Advent Reflection Podcasts from the Jesuits](https://sjnen.org/ignatian-spirituality/2012-advent-resources)
(<https://sjnen.org/ignatian-spirituality/2012-advent-resources>)
- [Praying Advent - Reflections to enter Advent prayerfully](https://onlineministries.creighton.edu/CollaborativeMinistry/Advent/)
(<https://onlineministries.creighton.edu/CollaborativeMinistry/Advent/>)
- [Download a Gospels of Advent Resource](https://s3.us-east-1.amazonaws.com/lpress-craft/files/ocf-files/advent-intergen-files/pdf_210725_advent_yeara.pdf)
(https://s3.us-east-1.amazonaws.com/lpress-craft/files/ocf-files/advent-intergen-files/pdf_210725_advent_yeara.pdf)
- [Advent Scripture Resource](https://s3.us-east-1.amazonaws.com/lpress-craft/files/ocf-files/advent-intergen-files/pdf_210728_scripture_prayers.pdf)
(https://s3.us-east-1.amazonaws.com/lpress-craft/files/ocf-files/advent-intergen-files/pdf_210728_scripture_prayers.pdf)
- [Finding Inspiration During Advent - Blogs and Readings](https://www.loyolapress.com/catholic-resources/liturgical-year/advent/inspiration/)
(<https://www.loyolapress.com/catholic-resources/liturgical-year/advent/inspiration/>)

FOR FAMILIES

- [A Printable Advent Calendar for Children](https://www.loyolapress.com/catholic-resources/liturgical-year/advent/calendars/childrens-advent-calendar/)
(<https://www.loyolapress.com/catholic-resources/liturgical-year/advent/calendars/childrens-advent-calendar/>)
- [CAFOD's Advent Resources for Children](https://cafod.org.uk/Education/Primary-teaching-resources/Advent-for-children)
(<https://cafod.org.uk/Education/Primary-teaching-resources/Advent-for-children>)
- [Craft - Make an Advent Star for your window](https://rainydaymum.co.uk/advent-window-star/)
(<https://rainydaymum.co.uk/advent-window-star/>)

ONLINE RESOURCES

- [Bible society free Jesse tree](https://www.godwhospeaks.uk/the-god-who-speaks/education/advent-jesse-tree/)
(<https://www.godwhospeaks.uk/the-god-who-speaks/education/advent-jesse-tree/>)
- [Streets of light](https://ncsheffield.org/2020/10/streets-of-light/)
(<https://ncsheffield.org/2020/10/streets-of-light/>)
- [Pray as you go](https://pray-as-you-go.org/)
(<https://pray-as-you-go.org/>)
- [CBCEW Liturgy Office - Digital exclusion/psalms reflections](https://www.liturgyoffice.org.uk/Resources/Flu/Psalm.shtml)
(<https://www.liturgyoffice.org.uk/Resources/Flu/Psalm.shtml>)
- [Rejoice! Advent Meditations with the Holy Family](https://ascensionpress.com/collections/rejoice-advent-meditations-with-the-holy-family)
(<https://ascensionpress.com/collections/rejoice-advent-meditations-with-the-holy-family>)

ADVENT MUSIC

External links to YouTube

- [Ready the way](https://www.youtube.com/watch?v=pjproVqw73k)
(https://www.youtube.com/watch?v=pjproVqw73k)
- [Love shone down](https://www.youtube.com/watch?v=Xyijhpaas8)
(https://www.youtube.com/watch?v=Xyijhpaas8)
- [There is a longing](https://www.youtube.com/watch?v=gP9BBz6fRkk)
(https://www.youtube.com/watch?v=gP9BBz6fRkk)
- [Thorn in the straw](https://www.youtube.com/watch?v=70jXHfVol64)
(https://www.youtube.com/watch?v=70jXHfVol64)
- [Hail Mary](https://www.youtube.com/watch?v=3kBicrhrcf8)
(https://www.youtube.com/watch?v=3kBicrhrcf8)
- [Like a sea without a shore \(Maranatha\)](https://www.youtube.com/watch?v=aOw2DJP7P68)
(https://www.youtube.com/watch?v=aOw2DJP7P68)
- [O Come, O Come, Emmanuel](https://www.youtube.com/watch?v=DPHh3nMMu-l&list=RDDPHh3nMMu-l)
(https://www.youtube.com/watch?v=DPHh3nMMu-l&list=RDDPHh3nMMu-l)
- [Wait for the Lord \(Taize\)](https://www.youtube.com/watch?v=s7GexlvX8HU)
(https://www.youtube.com/watch?v=s7GexlvX8HU)
- [Our God Reigns](https://www.youtube.com/watch?v=_IHBEIWZ9k4)
(https://www.youtube.com/watch?v=_IHBEIWZ9k4)
- [Rejoice in the Lord Always](https://www.youtube.com/watch?v=hzyckxqXoZ4)
(https://www.youtube.com/watch?v=hzyckxqXoZ4)
- [Go tell it on the mountain](https://www.youtube.com/watch?v=72LE487YZ-U)
(https://www.youtube.com/watch?v=72LE487YZ-U)

VIDEOS

External links to YouTube

- [Busted Halo - Advent in two minutes](https://www.youtube.com/watch?v=eC0FGQLBp7w&feature=emb_title)
(https://www.youtube.com/watch?v=eC0FGQLBp7w&feature=emb_title)
- [He Came](https://www.youtube.com/watch?v=u65m__-LLfs)
(https://www.youtube.com/watch?v=u65m__-LLfs)
- [The Word became flesh](https://www.youtube.com/watch?v=UkjX4s_7pqU)
(https://www.youtube.com/watch?v=UkjX4s_7pqU)
- [The people who walk in darkness have seen a great light](https://www.youtube.com/watch?v=e9MufTypeE0)
(https://www.youtube.com/watch?v=e9MufTypeE0)
- [A social network Christmas](https://www.youtube.com/watch?v=sghwe4TYY18)
(https://www.youtube.com/watch?v=sghwe4TYY18)



HELPING OTHERS

Caritas Advent Appeal 2020

The impact of COVID-19 has made 2020 a year like no other. A perfect storm of a global health pandemic and the start of a UK recession biting means raising funds to help tackle homelessness and help people in poverty is going to be harder than ever before. So, as Caritas approaches its Advent fundraising appeal for this year, they have a simple message: in a world where you can be anything, [#BeKind](#) Please donate to Caritas this Christmas to help make a real difference to people's lives. Because when there's no room at the inn for people today, Caritas has a range of support to help get people back into a home, back on their feet and feeling hope for their future. For more information and to donation please visit <https://www.caritassalford.org.uk/service-view/advent-appeal-2020/>


In a world where you can be
anything, be kind.

[#BeKind](#) this Christmas

Text BEKIND to 70460 to donate £10


[#MiracleOfKindness](#)


SCRIPTURE CHALLENGE

DIocese of  SALFORD

Preparing the Way: Advent at Home

From December 1st read one chapter of the
book of Luke in the Bible each evening.
There are 24 chapters.

On Christmas Eve you will have read an entire
account of Jesus's life, renewing the reason we
celebrate Christmas.



RECIPES

Spritz Biscuits

- Mix 250g butter and 250g of margarine with 500g of caster sugar.
- Add in 3 teaspoons of vanilla extract and 6 teaspoons of icing sugar.
- Blend in two eggs until fluffy.
- In another bowl, Sieve the flour (500g) and mix with 500g cornflour.
- Add ½ teaspoon of baking powder, 1 teaspoon of cinnamon and a handful of ground nuts to the flour mixture.
- Mix half of the above bowl into the mixture (you will notice the dough is getting firmer).
- Knead in the rest of the flour mixture.
- Wrap up the ball of dough in some foil and leave it in a cool place for a while. (It may help to prepare the dough the evening before to leave overnight).
- To shape the biscuits, you will need a piping bag or biscuit cutter.
- If you use a piping bag:
Fit a large star shape nozzle and spoon in some mixture. Twist the bag closed and squeeze out the mixture on a lined baking tray making shapes with the dough.
- If you are using a biscuit cutter:
You can choose different designs.

(Try and make sure the biscuits are roughly the same size so they can cook evenly). **BAKE THEM IN THE OVEN FOR 10 MINUTES AT 200 degrees C or gas mark 6.**



Ingredients

250g margarine
150g sugar
200g oak flakes
250g of raisins or chocolate chips
2 eggs
275g plain flour
1 teaspoon of baking power

Ingredients

250g butter
250g margarine
500g caster sugar
3 teaspoons of vanilla extract
6 teaspoons of icing sugar
2 eggs
500g plain flour
500g cornflour
½ teaspoon of baking power
1 teaspoon of cinnamon
Handful of ground nuts



Superfast Advent Biscuits

- Mix 250g flour, 150g sugar with 2 eggs until fluffy.
- Stir in 200g of oak flakes and 250g of raisins or chocolate chips (dependent on your preference).
- Mix in 275g flour and 1 teaspoon of baking powder.
- With the help of two teaspoons, arrange the dough in small mounds on a baking tray (covered in baking paper).
- Be careful not to put the mounds too close together as they expand during cooking.

BAKE THEM IN THE OVEN FOR 20 MINUTES AT 200 degrees C or gas mark 6.

Recipes from The Church Year for Children (Pia Biehl)

MAKING A HOME CRIB

As we move through Advent towards Christmas you may wish to make your own nativity scene to remember the reason for the season. The tradition of displaying a crèche did not arise until the mid-12th century; it is attributed to St. Francis of Assisi, who wanted to emphasize the poor and humble circumstances in which Jesus was born. Here are just some ideas but you can come up with your own. A short liturgy will be provided nearer Christmas for the blessing of the nativity scene. Feel free to send in photos of your creation and we will share them online.

- [Lego Nativity \(using existing pieces\)](#)
- [Paper Nativity Scene template](#)
- [Interactive Nativity Scene](#)



(or try creating a nativity scene for your window)

APPENDIX A – LITURGY FOR BLESSING AN ADVENT WREATH

From Catholic Household Blessings & Prayers - United States Conference of Catholic Bishops

All make the sign of the cross as the leader says:

Our help is in the name of the Lord.

Response (R/.) **Who made heaven and earth.**

Then read this Scripture passage (Isaiah 9:1-7)

The people that walked in darkness
have seen a great light;
on those who live in a land of deep shadow
a light has shone.

You have made their gladness greater,
you have made their joy increase;
they rejoice in your presence
as men rejoice at harvest time,
as men are happy when they are dividing the spoils.

For the yoke that was weighing on him,
the bar across his shoulders,
the rod of his oppressor,
these you break as on the day of Midian.

For all the footgear of battle,
every cloak rolled in blood,
is burnt,
and consumed by fire.

For there is a child born for us,
a son given to us
and dominion is laid on his shoulders;
and this is the name they give him:
Wonder-Counsellor, Mighty-God,
Eternal-Father, Prince-of-Peace.
Wide is his dominion
in a peace that has no end,
for the throne of David
and for his royal power,
which he establishes and makes secure
in justice and integrity.
From this time onwards and for ever,
the jealous love of the Lord of Hosts will do this.

Reader: **The Word of the Lord.**

R/. Thanks be to God.

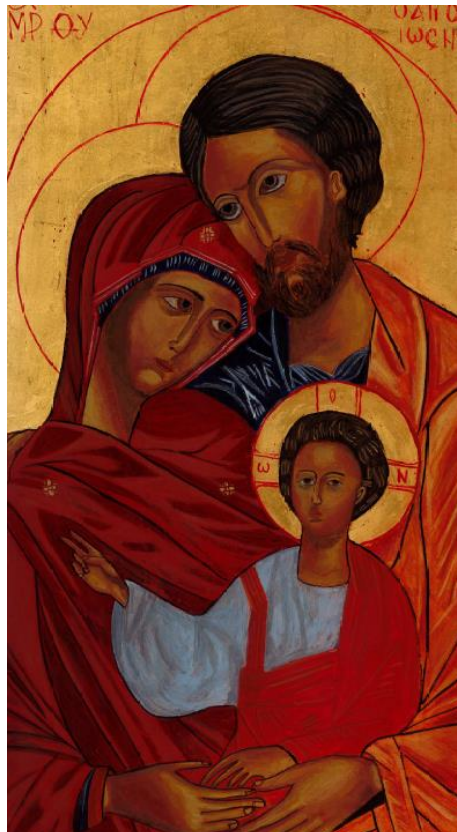
With hands joined, the leader says:

**Lord our God,
we praise you for your Son, Jesus Christ:
he is Emmanuel, the hope of the peoples,
he is the wisdom that teaches and guides us,
he is the Saviour of every nation.
Lord God,
let your blessing come upon us
as we light the candles of this wreath.**

May the wreath and its light
be a sign of Christ's promise to bring us salvation.
May he come quickly and not delay.
We ask this through Christ our Lord.
R/. Amen.

The blessing may conclude with a verse from
"O Come, O Come, Emmanuel":

O come, desire of nations, bind
in one the hearts of humankind;
bid ev'ry sad division cease
and be thyself our Prince of peace.
Rejoice! Rejoice! Emmanuel
shall come to thee, O Israel.





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