

ADVENT 2022

"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." ~ Matthew Kelly

How do we prepare for Advent....

Pray more (Prepare your heart)

Go to Mass more often (read the Mass readings every day)

Go to confession (attend a penance service)

Have an advent wreath (use during dinner time or family prayer time)

Practice Advent traditions (if you don't have one, start one)

Adoration (spend time in prayer)

THE FOUR WEEKS OF ADVENT – The Advent Wreath

During the first two weeks of Advent we light the first two purple candles. The Third Sunday of Advent is called Gaudete (Rejoice) Sunday. On this day we celebrate that our waiting for the birth of Jesus on Christmas day is almost over. Rose is a liturgical color that is used to signify joy, so we light the single pink candle on the third Sunday of Advent.

Then on the fourth Sunday of Advent, the final purple candle is lit to mark the final week of prayer and penance as we wait expectantly for the soon-coming birth of the King of Kings.

Traditionally, each of the four Advent candles have a deeper meaning.....

- The **1st Sunday of Advent** symbolizes Hope with the "Prophet's Candle" reminding us that Jesus is coming.
- The **2nd Sunday of Advent** symbolizes Faith with the "Bethlehem Candle" reminding us of Mary and Joseph's journey to Bethlehem.
- The **3rd Sunday of Advent** symbolizes Joy with the "Shepherd's Candle" reminding us of the Joy the world experienced at the coming birth of Jesus.
- The **4th Sunday of Advent** symbolizes Peace with the "Angel's Candle" reminding us of the message of the angels: "Peace on Earth, Good Will Toward Men."

My husband grew up with a lovely tradition started by his mother. On the first Sunday of Advent they set up the crib with only animals. Mary and Joseph were on the other side of the house. Every day they were moved a little closer to the crib. This was symbolic of Mary and Joseph's journey to Bethlehem.

"Therefore the Lord himself will give you a sign. Behold, the virgin shall conceive and bear a son, and shall call his name Immanuel." Isaiah 7:14

May this Advent be a beautiful time for peace and prayer to prepare to receive Jesus in our hearts. Wishing you hope, joy, love and peace.

Blessings,

Tracy Meyer

NUDCCW Spirituality Commission