



saint mary's press

touching hearts. enlivening minds.



journey  
joyfully

Celebrate the “new” year

Welcome to our **Advent—Ephiphany** email series, where we'll be providing you with helpful activities, reflections for you and your families to nourish faith.

[Find all of our free advent resources here](#)

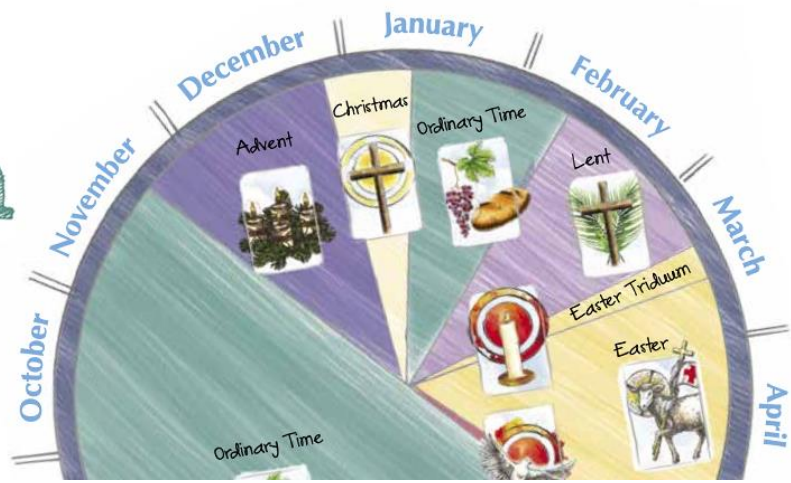
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## Week 2: Celebrating the "new" year

Remind your families of the beauty of the liturgical "new" year to come! This week we're focused on sharing the beauty of the liturgical calendar, as well as how to prepare for Advent, as we journey joyfully!

***Learn:* What is the liturgical calendar?**

# The Church Year



The feast days and holy days that Catholics and other Christians celebrate follow the liturgical year, which is different from the calendar year. This shares more about this beautiful tradition.

Built right into **The Catholic Youth Bible®**, you'll find a Bible reading plan that correspond to the Sunday readings of the Bible throughout these seasons. This is an excellent way to get to know the Bible and the liturgical year at the same time—building Biblical literacy while deepening one's faith, something we believe strongly in!

Download and share



# more Advent resources

# Keeping Advent

by Joanna Dailey

**Christmas comes at us like a steamroller and seems to start earlier every year.**

Christmas store displays go up right after Halloween, ads about the perfect gift for the perfect person begin to appear on TV and in our inboxes, Christmas music begins to fill the air, and holiday recipes begin popping up on our social media accounts. Inevitably, we start thinking about all we need to do to get ready for Christmas.

Do we have the right gifts? How will we celebrate with our family? It is easy to bypass Advent and skip right to Christmas, especially in our preparations. But Advent is an important time to stop, pause, reflect, and prepare ourselves to celebrate the birth of the Savior, Emmanuel. Taking time to incorporate Advent practices into your classroom can help children keep Advent and better prepare mentally and spiritually for Christmas. The following practices offer a few suggestions.



What are some practical ways we can prepare our hearts for Advent? This reflection is great for families who are preparing to make Him room.

Read

## ACTIVITY

# Come, Lord Jesus

Set up a prayer table with an Advent wreath and candles ahead of time. Invite the children to join you around the Advent wreath. Count out how many candles on your Advent wreath should be lit, based on which week of Advent you use this prayer service. Light the candles (real or battery-powered) as indicated, and say the word that corresponds with what each candle symbolizes (peace for the first candle, hope for the second, joy for the third, love for the fourth).

**Leader:** Let us begin our prayer with the Sign of the Cross. (All make Sign of the Cross.) Let us remember that we are in the holy presence of God. (Allow about 10 seconds of silence.)

**Leader:** Loving God, heavenly Father, you sent your angel to Mary.

**All:** Come, Lord Jesus.

**Leader:** The Angel Gabriel gave her the Good News that she would give birth to your Son, our Savior.

**All:** Come, Lord Jesus.

**Leader:** We celebrate this Good News during Advent, and we look forward to celebrating Jesus' birth this Christmas.

**All:** Come, Lord Jesus.

**Leader:** We light [this candle/ these candles] as a sign of peace [hope, joy, and love].

(Light the appropriate number of Advent candles. Say the corresponding words as you light each candle.)

**All:** Come, Lord Jesus.

**Leader:** Jesus is the Light of the World. May he light our way in Advent and throughout our lives.

**All:** Come, Lord Jesus.

**Leader:** We ask this in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Close by singing an appropriate Advent song of your choice.

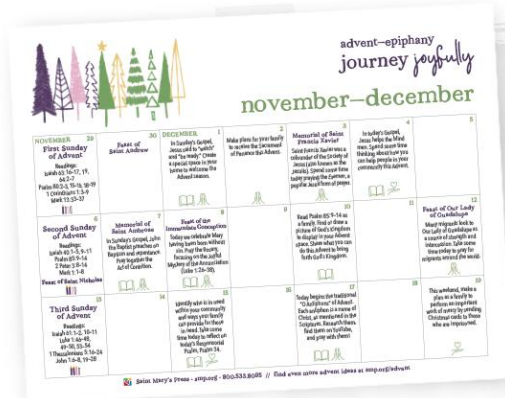


This prayer service is taken from the Advent chapter of the Grade 2 Catechist Guide/Teacher Guide in the Discover! Finding Faith in Life program.

TO LEARN MORE ABOUT DISCOVER! visit [smp.org/discoverparish](http://smp.org/discoverparish) or [smp.org/discoverschool](http://smp.org/discoverschool)

This is a simple prayer service that families can use throughout the Advent season.

Learn more



now available:  
get the advent-epiphany calendar!

See even more ideas

