

## Liturgical Year: Advent

*In Advent, we live with joy and preparation for Jesus' coming.*

### Chapter Summary

The liturgical season of Advent is a time when the Church prepares for and rejoices in the coming of the Lord. For the first part of Advent, the Church focuses on overcoming sin to prepare for Jesus' Second Coming. On Gaudete Sunday, the Church shifts its attention to rejoicing as Jesus' first coming is made present to us at Christmas. Priests highlight this rejoicing by wearing rose-colored vestments at Mass. Readings, prayers, and songs for this week's Mass also speak of rejoicing and living joyfully. Traditions including the Jesse Tree assist the faithful in participating in the Advent celebration. Many parishes participate in a Giving Tree collection to share the joy of Jesus' coming with families who are in need. Presents are donated by parishioners, and a volunteer distributes the gifts to the families. As Catholics, we try to live with joy throughout the Advent season as we wait for the Lord.

### More for Parents

Advent is a liturgical season when you can create joyful traditions to celebrate the coming of the Lord at Christmas and in anticipation of His Second Coming. As parents, it is important to help make Advent joyful for your children. Children should experience joy while waiting for Jesus. One way to do this is by going to Adoration as a family. Adoration is a great way to help your children meditate on the love God has for them. Another thing you can do this Advent to spread the joy of Christmas is to help those in need. As a family, choose a local charity to make a donation to. Volunteer as a family at the local charity if possible. Discuss with your children how giving to those in need is joyful and expresses the love of God to them.

### Virtue in the Family

This Advent season, try to practice the virtue of generosity.

### Being Generous This Advent

- As a family, gather items within your home to donate to a local shelter. These could include clothes, toys, or canned goods. Giving to those in need is a great way to spread the love of Christ this Advent.
- Give the focus of your Advent to Christ by finding an extra day during the week to attend daily Mass as a family.
- You can also be generous with your time this Advent season. Share the gift of your faith and the love of your family with another family from your parish. Invite them to look at Christmas lights, have dinner, or watch a movie about a saint together.

### Vocabulary Words for Your Children to Review

- **gaudete**
- **Gaudete Sunday**
- **Jesse Tree**

Find digital flash cards to help your children review on the parent portal.



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