

## Liturgical Year: Christmas

*Jesus, our God and Savior, was born on Christmas.*

### Chapter Summary

Christmas is the liturgical season when the Church celebrates both the Birth of Jesus Christ and the mystery of His presence in our lives. Jesus is known as Emmanuel, which means “God with us.” As Catholics, we celebrate the true meaning of Christmas: that without loss of His divinity, the Son of God was born into our world as one of us to save us from our sins. The Christ candle and wreaths are used during Christmastime to remind us of Jesus’ coming as our newborn King, who was victorious over sin and death. Catholics are required to attend Mass on Christmas Day because it is a Holy Day of Obligation. During the Christmas season, we try to live with the virtue of hope. Several symbols and traditions remind us to live with hope, including candy canes and the colors of Christmas: white, red, and green.

### More for Parents

Christmas is the liturgical season when we celebrate the Birth of Jesus Christ. As parents, it is important for us to celebrate Jesus’ Birth throughout the season, not only on December 25. With your children, come up with ways to celebrate each day of the Christmas season as a reminder of the true meaning of Christmas. One idea is to do a different fun activity as a family every day in honor of Jesus’ Birth. Another idea is to throw Jesus a birthday party. Your children can pick the theme and help set up decorations to celebrate Jesus’ Birth. Celebrating the joy of Jesus becoming man is important for our children to grasp fully the meaning of this season.

### Virtue in the Family

When we participate in the Christmas season, we live the virtue of hope. By becoming man, Jesus gave us hope for eternal life. Hope gives purpose to our lives.

### Practicing Hope This Christmas

- As a family, choose a Christmas symbol explained in the lesson: a candy cane, Christ candle, or wreath.
  - Place this symbol somewhere in the house as a reminder for everyone.
  - Use this symbol during family prayer time and ask God to help your family live with hope every day.
  - Discuss with your children situations in which you have practiced the virtue of hope. Help your children understand that our hope comes from God and that He will never forsake us.
- As a family, deliver candy canes to residents at a local nursing home. Tie a note on each candy cane that contains a message of hope. Your visit will bring joy and hope to those residents who may not receive visitors. Spreading hope and love as a family is a great way to participate in the season of Christmas.

### Vocabulary Words for Your Children to Review

- **Christ candle**
- **Emmanuel**
- **wreath**

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



For more family faith formation resources, go to the parent portal.