

# Preparing for Advent



## Information for **Parents** and **Caregivers**

## How to celebrate **Advent as a family**



Advent begins on **Sunday, November 27**, and ends on **Saturday, December 24**.

In school, students will have learnt about the four themes of Advent (Hope, Peace, Joy, and Love) and how Christians play a part in the season.

As parents and caregivers, you can continue to observe the season through a variety of activities with your children at home.

### 1. Create a prayer space

Create a small space within your home to act as a prayer space. Items in this space can include a small nativity, four candles and a wreath. This space acknowledges Advent and celebrates its meaning.

### 2. Light a candle every Sunday during Advent

An important tradition of Advent is the lighting of the four candles to represent the four weeks of Advent. Traditionally, three candles are purple, and one is pink. The liturgical colour for the season of Advent is purple and this connects weeks one, two and four to the themes of **Hope**, **Peace**, and **Love**, whilst the pink candle of week three symbolises **Joy**. While lighting the candles, a good way to help pause for reflection as a family is to say a prayer:

*God of Love,  
Your son, Jesus, is your greatest gift to us.  
He is a sign of your love.  
Help us walk in that love during the weeks of Advent,  
as we wait and prepare for his coming.*

- Author Unknown

(Xavier University - Center for Mission and Identity, 2022)

### 3. Celebrate giving and serving others

Celebrating Advent is also about being intentional to serve others and give to those in need. Many families during this time participate in small acts of kindness and charity through donating gifts and food to families in need. Children can help shop for these items to make it a family activity. This act of kindness reminds us all of the importance of Christian charity and hospitality towards others. This generous act will ensure other families in need will receive gifts and food so they can celebrate Christmas day.

### What is Advent?

The word "Advent" is derived from the Latin word *adventus*, meaning "coming".

For Christians, Advent serves as the joyful anticipation of Jesus' birth in the season leading up to Christmas – but there's more than that to Advent.

Advent gives us the opportunity as Christians to explore the four themes: **Hope**, **Peace**, **Joy**, and **Love**.