



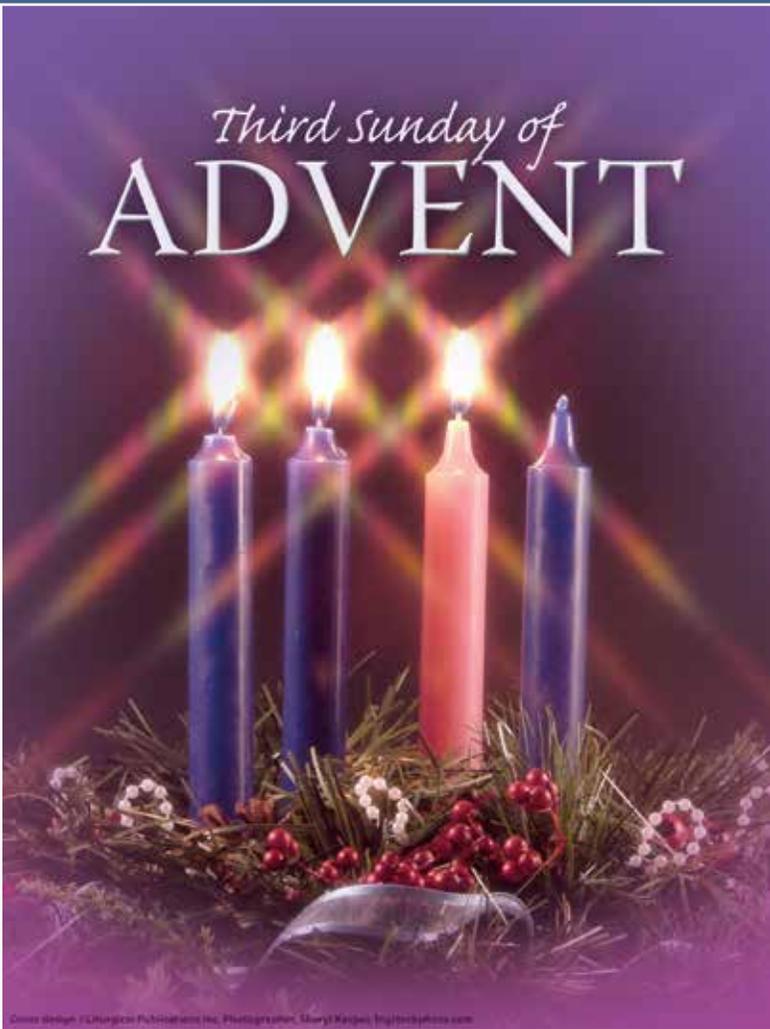
SPIRITUAL COMMUNION

WEEK 3 - JOY

OVERVIEW

This Third Sunday of Advent is known as "Gaudate Sunday." The name is taken from the opening line of the Entrance Antiphon for the Mass on that day: "Gaudate in domino semper," which translates "Rejoice in the Lord always!"

- If you have an Advent wreath with a rose (not "pink") candle, you can light it today!
- At one time, Advent was considered a "Little Lent" and atonement for sins was paramount. Today, while repentance is still encouraged, the character of the season has shifted to that of joyful anticipation at the coming of our Savior.
- On Thursday of this week, we enter a period known as Late Advent. From December 17 until December 23, the focus of the season switches from preparation for the Second Coming of Christ to the coming of Christ in history.



"He will be a joy and delight to you, and many will rejoice because of his birth, for he will be great in the sight of the Lord."

~ Luke 1:14-15

REFLECTION QUESTIONS

In the first reading for the Third Sunday of Advent, the prophet Isaiah proclaims: "The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring glad tidings to the poor, to heal the brokenhearted, to proclaim liberty to the captives and release to the prisoners, to announce a year of favor from the LORD and a day of vindication by our God."



1. As baptized Christians, we, too, have been anointed and are charged with carrying on this legacy. How are you going about doing this?
2. What are you doing, as Christmas approaches, to spread the joy?
3. How do you feel when you extend yourself to others? Could it be described as "joy?"
4. What would you consider to be the most joyful moments of your life?

FAMILY FOCUS

One of the "O Antiphons" is recited at evening prayer each day of late Advent. Learn more about these by going to loyolapress.com and search for "What are the O Antiphons?" and try to incorporate these ancient names for the Messiah into your daily prayers!



Normally, were it not displaced by the third Sunday of Advent, on the 13th of December, we'd celebrate the Feast of Saint Lucy. As a family, read her story at family-prayer.org/saint-lucy.html or search for "Story of Saint Lucy | Stories of Saints | Episode 68" on youtube.com and watch this family-friendly video. Then discuss how this young woman from Sicily became an enduring symbol of light and joy.



WEEKLY CHALLENGE

Read 1 Thessalonians 5:16-24. We all long for "happiness." We all seek out physical "pleasure." And both can make us feel good, for a time!! But they are not enough to satisfy us. True "joy" is a response of the soul to the love first extended to us from God. True joy will see us through the hardships, challenges, and disappointments of life.

This week, instead of focusing on the many hardships that we have been forced to endure, focus instead on the love of God, a love so great that he sent his only Son into this broken world. Look at the world through this lens, and you could be well on the way to finding true JOY!!

WATCH

Visit: triparishfaithformation.org or the Youtube channel, Christ King Catholic Parish and School, to watch this week's companion video as well as the full *Advent Spiritual Communion* series.