



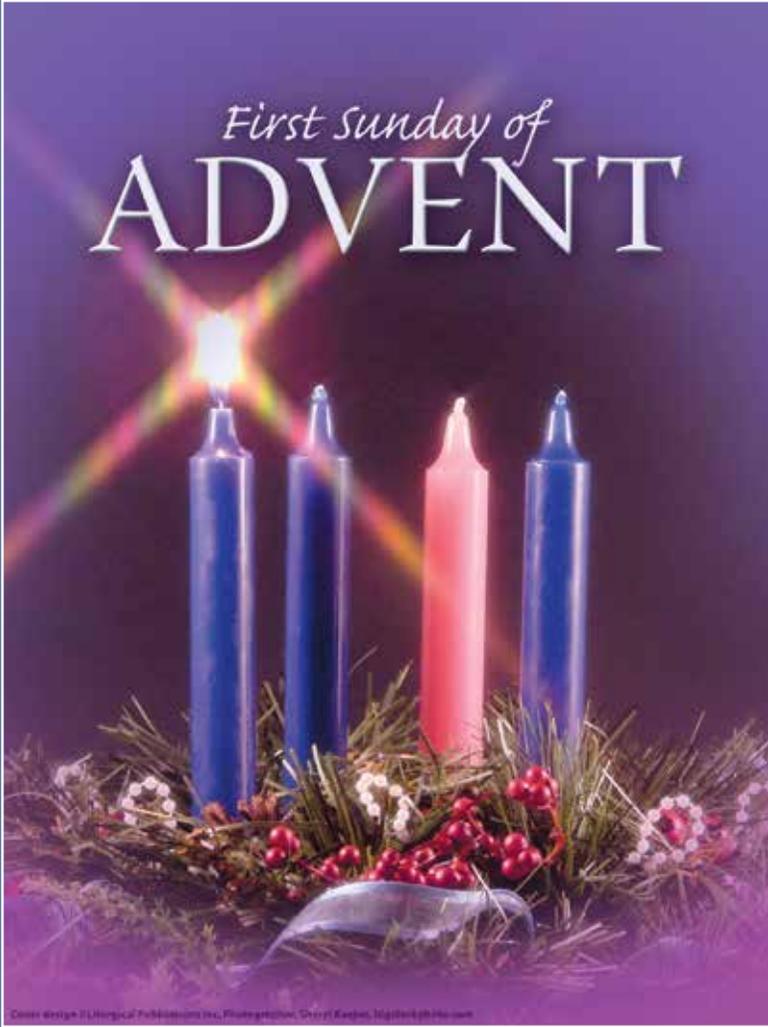
SPIRITUAL COMMUNION

WEEK 1

OVERVIEW

- Advent is a season of waiting and preparation for the season of Christmas. This season is about four weeks long.
- This year, Advent begins on Sunday, November 29 and ends on December 24. Advent is the beginning of our liturgical year.
- One way we can prepare during this time is to focus on a theme each week. This week, we focus on the theme of "hope".
- Hope is a feeling of expectation and trust that something will happen. We know that God became man in the person of Jesus and that he desires to bring light and healing into our world.
- The prophet Isaiah said, "The people who walked in darkness have seen a great Light."

References: Isaiah 9:1, *Catechism of the Catholic Church*, 522-524



“ It is the beautiful task of Advent to awaken in all of us memories of goodness and thus to open doors of hope.

~Joseph Cardinal Ratzinger

REFLECTION QUESTIONS



1. What are we waiting and preparing for during the season of Advent?
2. What are some ways you can be intentional during this season of preparation?
3. Reflect on this past year. What are some ways you can find hope in the midst of the difficulties, loss, grief, and despair?
4. What are some ways that God may want to bring you hope this coming year?

FAMILY FOCUS



Set up your Advent wreath this week and light the first purple candle for hope. Each evening before dinner, invite each member of your family to share what brought them hope during the day and light the candle to burn while you eat together. When dinner is over, sing "O Come, O Come Emmanuel" and take turns blowing out the candle.



WEEKLY CHALLENGE

Set aside time this week to cultivate silence in your life. Some ways you could do this include:

- Waking up a few minutes earlier before everyone else to sit in silence.
- Keep the radio off in the car.
- Instead of turning on the television, find a quieter activity (like reading, working on a puzzle, art, etc.)

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.