What is Advent?

Advent comes from the Latin work 'adventus' and means 'coming'. It is the period of preparation in the church that is marked by the four Sundays before Christmas day. The first Sunday of advent can fall anywhere between 27th November and 3rd December. This year, the first Sunday of Advent is Sunday 1st December.

What is the point of Advent?

Advent is time for us to prepare for the birth of Jesus at Christmas. Although he was born over 2000 years ago, we wait and prepare alongside Mary and Joseph as if he was coming to us for the first time. This is because as Catholics we believe that Jesus will return to us again one day and we want to be prepared for when this happens.

Advent/ Christmas – what's the difference?

Technically Christmas begins with 'Midnight Mass' on Christmas morning and lasts for 12 days after this. This year, Advent is the season from 1st December until 24th December. Advent is the preparation and Christmas is the celebration that comes after this.

'The family of Holy Rood School will try to live, learn, grow and celebrate together, as friends, through the love of Christ.'

Holy Rood Catholic Primary School

Keeping the Advent season

Prayer

The most important part of our Advent journey. See if you are able to keep a regular prayer time with the children at home; before bedtime often works well.

During advent we may pray for:

- Hope for those who are experiencing difficulties
- Expectant mothers
- That the light of Jesus may be seen by more and more people
- Families and family life
- Ourselves – for God's help with things that we find difficult or struggle with

The Sacraments

During Advent we are asked to use the Sacrament of Reconciliation (Confession) to help to prepare ourselves. We also go to Mass each Sunday which is like a 'mini-Advent' as we prepare to receive Jesus when we receive him in Holy Communion.

What can we do?

Travelling Cribs

This year we will once again be inviting all families to host a travelling crib. Further information on this to follow soon!

Advent Calendars

A much loved tradition! We all love the chocolate ones but perhaps beside this you may have another way of counting down to Christmas – what about a small act of kindness each day or a small line of scripture, a prayer or a small act of fasting (going without something). Each of these can help us to countdown and to prepare.

Christmas/Advent

We all celebrate Christmas before Christmas day but think of ways that you might be able to delay this a little in your home. Perhaps the Christmas tree can wait a couple more days, maybe the Christmas sweets will remain in the cupboard a little longer. One tradition is to put up the crib scene at home a little at a time during Advent, leaving the manger empty until Christmas day.