Advent Wreath Paraliturgy for Home Use with Sr Miriam James Heidland, SOLT



The Beginning of Advent

[On the Saturday evening before the First Sunday of Advent or on the evening of the First Sunday of Advent, the family gathers around the Advent Wreath. One candle should be lit]

Leader: We gather around our wreath to begin the celebration of Advent. Let us ask our Father in heaven to fill our hearts with grace.

➢ Scan the QR code and watch Introduction video
Silent pause for prayer

Leader: *Heavenly Father, as we enter into this holy Advent season, send your Holy Spirit to guide our hearts into an encounter with your Son, Jesus, who became one of us, even as a humble child. May our reflections on the Holy Family give us healing in our own experiences of family as well as comfort in the knowledge of your love for us. Transform our hearts through prayer and your Word, and help us love one another like the Holy Family.*

All: Amen.

The First Sunday / Week of Advent

[*One purple candle is lit*]

➢ Scan the QR code and watch Week One video
Silent pause for reflection:

- *What struck me from what Sr Miriam said?*
- *How may I look on Mary as my mother in my current situation of life?*

Leader: *Heavenly Father, as we look within ourselves and reflect on our relationships with our mothers, and our relationship with our Blessed Mother, thank you for the reminder of your love and faithfulness. Thank you for giving us a heavenly mother who cares deeply for us in our littleness and finds joy in our uniqueness. Through this time of Advent and the intercession of our Blessed Mother, help us to recognize that you and Mary delight to receive us no matter what goes on in our lives, so that through it all we can always have* ***hope*** *in your promise of life. Transform our hearts with humility, gratitude, forgiveness, and hope, so that we can grow ever closer to you and your Son, Jesus.* ***All:*** Amen.

The Second Sunday / Week of Advent

[*Two purple candles are lit*]

➢ Scan the QR code and watch Week Two video
Silent pause for reflection:

- *What struck me from what Sr Miriam said?*
- *How may I look on Joseph as my father in my current situation of life?*

Leader: *Heavenly Father, as we look within ourselves and reflect on our relationships with our fathers, thank you for the reminder of your love and faithfulness. Thank you for giving us the love and example of St. Joseph, whose strength, tenderness, and faithfulness bring comfort to us. Through this time of Advent and the intercession of St Joseph, let your* ***peace*** *wash over the wounds we've received from our fathers, and transform our hearts with humility, gratitude, forgiveness, and hope, so that we can grow ever closer to you and your Son, Jesus.* ***All:*** Amen.

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The Third Sunday / Week of Advent

[*Two purple candles and one rose candle are lit*]

➢ *Scan the QR code and watch Week Three video*
Silent Pause for reflection:

- *What struck me from what Sr Miriam said?*
- *What have I gained as I grew up? And what have I lost as I grew up?*

Leader: *Heavenly Father, as we look within ourselves and reflect on ourselves as children, thank you for the reminder of your unconditional love. Thank you for giving us the love and example of the child Jesus, whose wonder, humility, and playfulness can inspire us even now. Through this time of Advent, renew our sense of wonder at what you are still doing in our lives and in our families, so that we can find rest and* ***joy*** *anew as your child each day. Transform our hearts with humility, gratitude, forgiveness, and hope, so that we can grow ever closer to you and your Son, Jesus.*

All: Amen.

The Fourth Sunday / Week of Advent

[*Three purple candles and one rose candle are lit*]

➢ *Scan the QR code and watch Week Four video*
Silent Pause for reflection:

- *What struck me from what Sr Miriam said?*
- *What do I find in the 'stable' of my family?*

Leader: *Heavenly Father, as we look within ourselves and reflect on our experiences of family life, thank you for the reminder of your unconditional love. Thank you for giving us the example of the Holy Family, whose unity, respect, and sacrificial love for one another can inspire us in our own family dynamics. Through this time of Advent and the welcome for us of the Holy Family, renew our* ***love*** *for one another in our families. Transform our hearts with humility, gratitude, forgiveness, and hope, so that we can grow ever closer to you and your Son, Jesus.*

All: Amen.

Christmas Eve: December 24

Silent Pause for reflection: What do I want Jesus to do for my family this Christmas?

After this reflection, the family may do one or more of the following, before the final prayer:
(i) The wreath can be renewed with new greenery and the candles replaced with new white candles for use during the Christmas season;
(ii) the lights of the Christmas tree may be turned on;
(iii) the Christ-child may be placed in the family Nativity scene.

Leader: *Lord Jesus, we approach the holy moment when your coming as man is renewed in our hearts. Help us to welcome your presence into our families, marked by beauty though marred by sin, dotted with dark clouds in our histories but still bearing the seed of divine promise. We ask this of you for our family: (here mention your request silently). Give us peace and allow us to celebrate your presence with joy, that we may someday share Your glory. We ask this of You, who live and reign with the Father and the Holy Spirit, God, for ever and ever.* ***All:*** Amen.