

# Advent at Home 2021

PART 1: Creating a Prayer Space

## MAKE ROOM FOR JESUS

Preparing our Hearts  
for Christmas



**CHURCH OF  
ST MARY OF THE ANGELS**  
LITURGY & PRAYER

*Painting by James Tissot  
(1836-1902)*

# Advent at Home

Advent comes from the Latin word 'adventus' which means "arrival". It marks the beginning of the liturgical year and is the season that comes before and prepares us for Christmas.

It is a time for us to wait for the arrival of Christmas, to prepare to welcome Jesus into the world and into our lives.

It is a season of hope and of longing, of joyful expectation and of peaceful preparation.

***Advent is a time to celebrate light  
in the midst of darkness.***



Advent also prepares us for a very real event that still lies ahead — the Second Coming of Christ in glory, when Christ will make all his promises come true. We shall see Him face to face, as the shepherds saw Him in Bethlehem!

Today, Jesus comes to us at Mass and in the sacraments, in grace as we pray, at work and school during the day. He comes to us in our neighbours and in the community, who are the instruments of His will for us. And He comes to our neighbour through us, when we live God's life and make Christ present to them.



***This Advent,  
let us prepare to welcome  
Jesus as a parish, in our  
homes and in our hearts.***



## Preparing a Space to Welcome Jesus

Christmas is the feast that makes the greatest appeal to the heart and which has the most family participation.

Advent is a wonderful opportunity for the family, the domestic church, to participate more fully in solemn worship and reflection even if we cannot attend mass in person, or as we watch the online masses and reflections.



Just like how we celebrated **Holy Week@Home** this year, let us, in our domestic churches, our homes, expand and deepen our observances and preparation for Christmas during Advent.



Over the 4 weeks of Advent, we use the different themes of each week:

**Hope, Peace, Joy and Love**

to help us as a family, with our friends or on our own, to prepare a space in our homes and in our hearts, to welcome Jesus.





Create a simple reflective time for your family by **lighting one Advent candle** each week. Older children can take turns to light the candle and all say 'Come Lord Jesus, Maranatha!' together.

Choose one of the **Advent Sunday readings** to read. Different family members take turns to read and say some simple prayers together. You can also sing or listen to an Advent hymn/carol.



## Parish Resources ...

*... by our Offices & Ministries:*

*PART 2 will cover suggested activities for liturgical participation, creative hands-on ideas for children, while PART 3 offers suggestions & opportunities for everyone to reflect and pray .*

## Creating a Prayer Space

Firstly, to prepare for Advent, create a ***prominent prayer or reflection space*** if you have none.

You can incorporate this with Christmas decor like the Christmas tree, lights, the Advent Wreath, Advent Candles and the Crib.

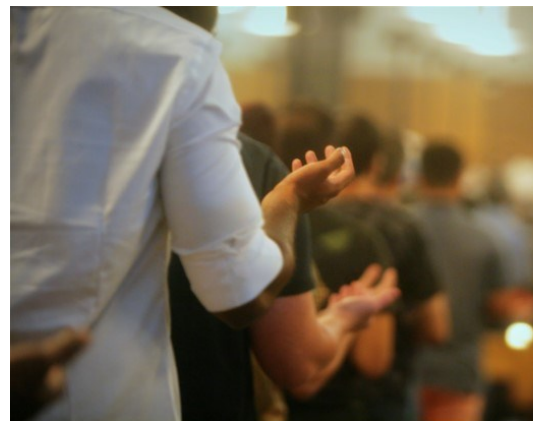


### ***Consider the following:***

- Set up a designated worship space, such as the living or study room.
- Clear off a table or a space. Place a plain cloth on it.
- Move a chair close by, or place big pillows on the floor.
- Add things that draw your heart and mind to Jesus: a crucifix, bible, candles, crib

### ***Tips for family prayer and worship***

- Spend 5-10 minutes to settle down before watching the online mass.
- Identify your concerns.
- Jot down a few feeling words.
- Invite God to be with you.
- Note His presence, and enter into it.
- Read the daily Scripture passage slowly several times. You may choose just one reading instead of all three.
- Highlight words or phrases that stand out to you.
- Take note of what stirs your heart: thoughts, emotions, memories, hopes, fears or dreams.
- Offer them to God.
- Listen for His response, through Scripture or a stirring in your heart.
- At the conclusion of prayer time, thank God for this time together.
- Journal your experience, if you wish.





The suggested activities for the family to participate in during the Advent & Christmas Mass/service will **require some prior preparation**, such as gathering materials and arranging an appropriate prayer space.

During the 4 weeks of Advent, **try out different activities** while keeping the liturgy of the word constant. The family can gather once each week by following the online weekend Mass for an Advent reflection of the Word.

### **Active Participation of the Family: *chronos* and *kairos***

The ancient Greeks had two words for time:  
***chronos*** and ***kairos***.



**Chronos** refers to the type of time that can be measured by clocks and calendars. **Kairos** refers to a very different type of time altogether: sacred time, God's time.

The 40 days of Lent lets us to enter into *kairos* (quality) time. *Chronos* and *kairos* can be thought of as quantitative time versus quality time respectively. Or, ***chronos* asks "What time is it?"** while ***kairos* asks "What time is it for?"**

When we attend mass in person, *chronos* and *kairos* can seem similar in nature. This is because we are keeping to the time while allowing God's Word to speak to us during the time we are in Church.

With a pre-recorded online mass, it is easier to differentiate the two. For those attending the online mass, time is **asynchronous**, which means we do not all attend mass at the same time (synchronous). We can allow for *kairos* to take precedence.

***In other words, we are able to pause at various parts of the mass, especially during the liturgy of the word, to allow for God's time to take place.***



**We can also participate actively in other ways. For example:**



- During the readings, turn down the volume and/or pause the video, and someone in the household can read the readings instead.
- Consider letting someone break the word: to either share (*lectio divina*) on the readings before or after the homily.
- For the psalm, the verses can be read in turns by parents/children or male/female.



- During the 4 weeks of Advent and for Christmas, the readings can be read by different members of the family and all can take turns to respond during the psalm.

- The family can have a meal before or after the online Mass as a continuation of the 'meal'.

