

MOM TO MOM GROUP

Adventus et Celebratio



The word "Advent" derives from the Latin word "adventus" which means "arrival" and refers to our

awaiting the arrival of the commemoration of Christ's birth, and His Second Coming.

This is the beginning of Christmastide and ends with Epiphany on the 6th of January. Advent also marks the beginning of the church year.

The liturgical year is made special by cycles of celebrations commemorating the lives of Jesus and His mother, the angels, and the Saints who modeled lives of sanctity.

Every single year, we Catholics "re-live" the Gospel, from Christ's Incarnation and Birth to His Ascension and Heavenly reign.

During Advent we prepare to celebrate the arrival of God into the world through the birth of his son Jesus Christ. Advent is a time to celebrate light in the midst of darkness.

UPCOMING HOLIDAYS:

- ◆ 1. Advent (1. Dec.)
- ◆ Feast Day of Saint Nicholas (6. Dec.)
- ◆ Christmas Eve (24. Dec.)
- ◆ Christmas (25. Dec.)
- ◆ New Years Eve (31. Dec)

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December Holidays

This year the 1st of December is the start of *Advent*. Some families also celebrate *St. Nicholas* during this week on the 6th of December. St. Nicholas brings small gifts of chocolate coins, oranges, nuts and maybe a gingerbread man to the children and leaves these as treats in their boots. Naturally, all children ensure that their boots are polished clean.

Indeed it is during this time of the Christmas season, from the 6th of December to the 6th of January where the majority of the gift exchanges happen. Some families distribute most of their gifts either on St. Nicholas day, Christmas, or Epiphany, when the Three Kings or 'Old Befana' delivered their gifts.

The countdown to *Christmas Eve* and *Christmas Day* is probably just as exciting for children as parents alike as the festival days are. This is when families gather and celebrate the birth of our Lord.

Finally on the 31st we ring in the *New Year*, and we can look expectantly forward towards the coming year.

The Advent Wreath

Supplies needed:

- ◆ A wreath base
- ◆ Nails or florist wire as candle holders
- ◆ Live Evergreens
- ◆ Four candles
- ◆ Decorations like pine cones, seed pods, ribbon etc.



The Advent wreath is a wreath, made of evergreen in various sizes.

The appearance of the actual Advent wreath is varied—depending on the cultural backgrounds and

traditions of families. Everyone has their own interpretations of the wreath. Some families prefer to add pure red candles to the wreath, while others add three purple and one pink candle to it.

When making the wreath, use a pre-shaped circular base like a vine wreath form. Insert large nails through the bottom of the base so they poke through the top where one can attach the candles. One can also use florist wire to

attach to the bottom of the candles and ensure a sturdy hold to the wreath. Add live evergreens, like hemlock or spruce thickly around the base, making sure you cover it completely.

Now one can add little decorations to their Advent wreath such as pine cones, seed pods, ribbon etc. Simply keep in mind that there still should be some element of penance, to show the difference between the Advent Season and the Christmas season!

On the final days of Advent, you may add these "O Antiphons" to your evening or meal prayer.

Sample Christmas Schedule

- Before Advent prepare the wreath
- Before the 24th of December purchase the Christmas tree
- On Christmas Eve decorate the tree, bless it and light the tree
- After Epiphany, 6th Jan., take down the Christmas tree

For more information contact the Cathedral Office or Maggie Kaska at 603.203.8300

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The "O Antiphons" of Advent

Dec. 17

O Wisdom of our God Most High,
Guiding creation with power and love:
Come to teach us the path of knowledge!

Dec. 20

O Key of David,
Opening the gates of God's eternal Kingdom:
Come and free the prisoners of darkness!

Dec. 18

O Leader of the House of Israel,
Giver of the Law to Moses on Sinai:
Come to rescue us with your mighty
power!

Dec. 21

O Radiant Dawn,
Splendor of eternal light, sun of justice:
come and shine on those who dwell in darkness
and in the shadow of death.

Dec. 19

O Root of Jesse's stem,
Sign of God's love for all his people:
Come to save us without delay!

Dec. 22

O King of all nations and keystone of the Church:
Come and save man, whom you formed from the
dust!

Dec. 23

O Emmanuel, our King and Giver of Law:
Come to save us, Lord our God!

Next Months Topic

Our topic for the month of January will be:
Child Health - Ask the Pediatrician Night

Please Note

Our Book Club will be meeting in January, an exact date will be announced.

Our first book discussion will be "Embracing Motherhood" by Donna-Marie Cooper O'Boyle.