

Reveal Your Presence, Lord

FAMILY
ACTIVITY & PRAYER JOURNAL
FOR ADVENT

Our Lady's Immaculate Heart 2020



Faith Formation

Advent Collections

Each year we pair with Catholic Charities, Refugee Resettlement & other local organizations to gather donations for those in need. If you are able to donate, here is a list of what items each grade is asked to give. Thank you for your generosity!

- **Pre-K & K:** diapers, all-purpose cleaner, toilet bowl cleaner, windex, laundry detergent, dish soap and dishwasher detergent
- **1st grade:** small baby items (bibs, rattles, blankets, pacifiers, etc)
- **2nd grade:** Make Xmas greetings/letter to active military service women & men
- **3rd grade:** baby items (clothing, toys, formula, blankets, etc.)
- **4th grade:** personal care items (toothpaste, toothbrush, band-aids, hand lotion, wash cloths, soap, etc.)
- **5th grade:** hats, scarves, mittens, gloves, for elementary and secondary aged children
- **6th grade:** diapers & laundry baskets
- **7th grade:** new kitchen utensils
- **8th grade:** new & used candles (any condition)
- **9th—12th grade:** new pillows

*Bring donations to class or drop off in
gathering space by end-of-day
December 16th.*



Christmas Tree Blessing

*Gather the family around your decorated,
but unlit Christmas tree.*

Sign of the Cross

Parent/leader: *Blessed be the name of the Lord.*

ALL: NOW AND FOREVER

P/L: *This tree is a blessing to our home. It reminds us of all that is beautiful, all that is filled with the gentleness and promise of God.*

Let us listen to this short reading from the Book of Psalms.

Reader: *Let the heavens be glad and the earth rejoice;
let the sea and what fills it resound;*

*let the plains be joyful and all that is in them.
Then let all the trees of the forest rejoice*

*before the LORD who comes,
who comes to govern the earth,
To govern the world with justice
and the peoples with faithfulness. (Psalm 93:11-13)*

This is the word of the Lord.

ALL: THANKS BE TO GOD

P/L: *Everyone, please raise your hand in blessing of our tree.
Lord, our God, we praise you for the light of creation: the sun, the moon, the stars of the night. We praise you for Jesus Christ, your Son: he is Emmanuel, God-with-us, the Prince of Peace, who fills us with the wonder of your love.*

*Lord, let your blessing come upon us as we illuminate this tree.
May the light and cheer it brings be a sign of joy that fills our hearts. May all who delight in this tree feel joy and love because you came into the world.*

We ask this through Christ our Lord.

ALL: AMEN. (light the Christmas tree!)

welcome!

Open my eyes, Lord. Help me to see your face. Open my eyes, Lord. Help me to see.

Open my ears, Lord. Help me to hear your voice. Open my ears, Lord. Help me to hear.

Open my heart, Lord. Help me to love like you. Open my heart, Lord. Help me to love.

I live within you. Deep in your heart, O Love. I live within you. Rest now in me.

'Open My Eyes' by Jesse Manibusan & Patrick Loomis

Are you ready? These last few weeks we have been hearing we need to be ready, be prepared. If Jesus were to appear today and separate the goats from the sheep (Mt 25:31-46) which side would you be on?

2020 has been a rough year, one that many want to put behind us! Some people ask if 2020 is the apocalypse, the end of life as we know it. Apocalypse is defined as an event of great destruction; it is also the Greek work for Revelation. Revelation is an 'unveiling', a making known something that was unknown, hidden.

After the derecho blew through, a friend posted a picture of a sunset from her home that she had never before been able to see because the trees had been blocking it. Sometimes these events of great destruction are clearing a path, revealing something that had been hidden before. So yes, in that sense, 2020 may well be an apocalypse, the end of life as we knew it, because hidden truths have been unveiled and as a result we have been changed and life will never be the same.

This Advent, as we let go of 2020, let's look back over the year with 20/20 hindsight while we open our eyes, ears, heart, and lives to allow God to reveal Himself to us.

- Patty Mayer, Dir. of Adult Faith Formation

Week ONE: Open my eyes, Lord. Help me to see your face...

In the Gospel for this week (Mark 13:33-27) we are told "Be watchful! Be alert!"

Where and how can we look for the face of Jesus in the world?

Advent Wreath Blessing

If you don't have an Advent wreath—make one!

- Construction paper & crayons/paints
- draw one (search you tube for suggestions)
- buy one or make one with candles and evergreen

Sign of the Cross

Leader: Our help is in the name of the Lord.

All: Who made heaven and earth

Leader: In the short days & long nights of Advent, we remember God's promise. Listen to these words of Isaiah:

The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shone. You have brought them abundant joy & great rejoicing.

Let us now pray for God's blessing upon us & this wreath.

God, let your blessing come upon us as we light the candles of this wreath. May the wreath and its light be a sign of Christ's promise to bring us salvation. May he come quickly and not delay. We ask this through Christ our Lord.

All: AMEN. (light the candle)

Symbolism of the Advent Wreath

- The circle of the wreath, which has no beginning & no end, represents the eternity of God.
- The green of the wreath represents hope & new life.
- The 4 candles represent the 4 weeks of Advent. They stand for HOPE, LOVE, JOY, & PEACE.
- Purple historically is a color reserved for royalty; we are welcoming our king!
- Pink for the 3rd week is the color of rejoicing, as we are now more than halfway through the season of Advent



Saint of the Week: St. Nicholas (Dec. 6)

Nicholas was a generous hearted bishop that felt sad for the poor, unwed girls in his parish that could not afford to get married (they didn't have the money for a dowry). So St. Nicholas would throw little sacks of gold coins in their windows at night! These gifts changed their lives, and our tradition of gift giving at night was born!

Put your shoes out by the front door or on the stairs on the 5th to receive a gift (chocolate, orange, chocolate coins, candy cane, etc.) from St. Nicholas the next morning on his feast day!



Media Suggestions from

FORMED.org

Parish Code: Y6NDPT

Nicholas: The Boy who became Santa
Kristoph & the First Christmas Tree
Advent (4 episodes)

Juan Diego: Messenger of Guadalupe
Brother Francis: O Holy Night

Advent Hot Chocolate: This tasty treat has two options! It's an easy way to reinforce the colors of Advent while enjoying the perfect treat for the cooler weather! *(adapted from Catholic Icing (www.catholicicing.com))*

Ingredients:

1 cup strawberry milk OR	- 2 T sugar
1 cup regular milk + 2 tsp white hot chocolate mix	-1 drop pink food coloring
Whipped cream (canned stuff works well)	-1 drop purple food coloring



Put 1 tablespoon of your sugar on a plate with 1 drop of pink food coloring, and your other tablespoon of sugar on the other side with a drop of purple food coloring. Stir it around, mixing it well with a fork until the sugar is slightly colored. Warm the milk to preferred temp. Top with whipped cream. Sprinkle the colored sugar on top of the whipped cream. Voila!

Open my eyes, Lord

Scavenger Hunt

(signs of Advent)

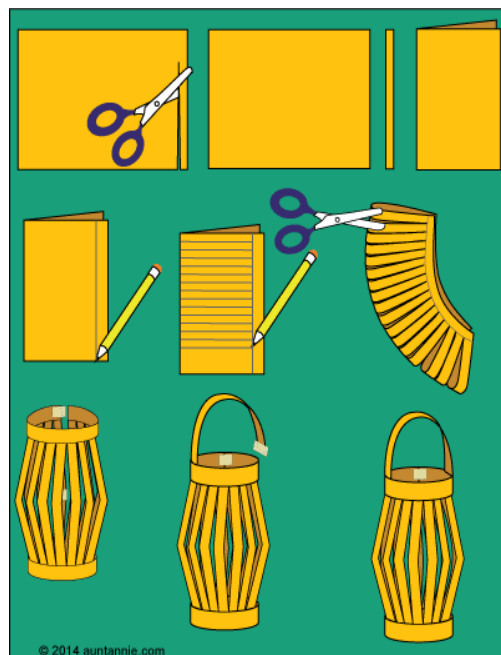
Both around your house and around your neighborhood do a scavenger hunt for sign of Advent (& Christmas!)

- | | |
|----------------------|-----------------------|
| ___ Advent wreath | ___ candles |
| ___ Christmas lights | ___ Christmas tree |
| ___ Nativity set | ___ Jesus in manger |
| ___ star | ___ the word 'JOY' |
| ___ bells | ___ angels |
| ___ presents | ___ candy canes |
| ___ Christmas wreath | ___ stocking |
| ___ Advent Calendar | ___ Christmas cookies |

Chinese Advent Lanterns:

During Advent, many Catholics in China decorate their home with beautiful paper lanterns. Children hang stockings and Santa is called Dun Che Lao Ren. Many traditions celebrated among Catholic communities in China have been imported by missionaries carrying the message of Advent & Christ.

These are the same style of lanterns used during Chinese new year. You can make your own to help see the Light of Christ!



© 2014 auntannie.com

Week TWO: Open my ears, Lord. Help me to hear your voice...

In the Gospel for Sunday (Mark 1:1-8) we hear there is a voice of one crying out in the desert. "One mightier than I is coming after me." Whose voice to we listen to, especially in hard times?

Open My Ears Daily Meditation:

Each day read through this short meditation as a family.

Sit together somewhere in quiet.

Have everyone take 2 slow, quiet breaths to begin.

Sign of the Cross

Open my ears, Lord. Help me to hear your voice.

From the book of Isaiah , "Go up on to a high mountain, Zion, herald of glad tidings. Cry out at the top of your voice, Jerusalem, herald of good news! He will be called Emmanuel. He is the savior of every nation.

I will hear what God proclaims; the LORD—for he proclaims peace to his people.

Now, take a moment, and think of the ways God may be speaking to you today to help both yourself and the people around you learn how to love one another better. *(ask for any sharing and end the time with an Our Father).*

AMEN. *Sign of the Cross.*

Name that Carol:

1. Jesus came to earth. He cared for the sick and well. He was God with us. O Come, O Come _____

2. We shepherds saw them & were afraid; perhaps we were scared we might die. But these beings said not to worry; they were Angels we have heard on _____.

3. The King of kings born in a simple stall- what beginning could be stranger? This simple act changed the world. Jesus arrived Away in a _____

4. Mary pondered many things; she loved that baby so dear. In the stillness of the night, it came upon a Midnight _____.

5. The Prince of Peace fought a war no human could fight. Yet he came in love rather than to blame, in the stillness of a Silent _____.

Saints of the Week:

Juan Diego (Dec. 9) &

Our Lady of Guadalupe (Dec. 12)

Our Lady appeared before Juan Diego, a Mexican peasant, & asked to have a church built at that site in her honor. The Bishop asked for a sign so he could believe Juan Diego. Our Lady granted Juan a beautiful image of herself on his tilma and caused roses not native to Mexico to appear.

Watch: Story of Our Lady of Guadalupe | Miracles of Mary | Episode 01 by Christian Kids TV on youtube

SPOTIFY ADVENT PLAYLISTS:

Consider listening to Advent Music this week! Here are some playlists we recommend (you can sign up for free—www.spotify.com)

- Catholic Advent Music –Tom Horneman
- Catholic Tunes Agency: Advent—cnalive
- Catholic Advent Hymans & Carols –mg722
- Waiting for Our Lord-Catholic Advent Songs 2018



Recipe: Mexican Hot Chocolate To celebrate the feasts of Juan Diego & Our Lady of Guadalupe make some Mexican-style hot chocolate!

Ingredients:

1 cup milk	4oz semi-sweet chocolate (chips or bar)
1/2 tsp cinnamon	1/2 cup milk
Pinch of nutmeg	1/4 tsp chili powder



Combine milk & chocolate in pan. Heat slowly to melt chocolate. Once chocolate is melted, raise heat a little and add spices. Simmer until desired temperature. Enjoy! (feel free to top with whipped cream!)

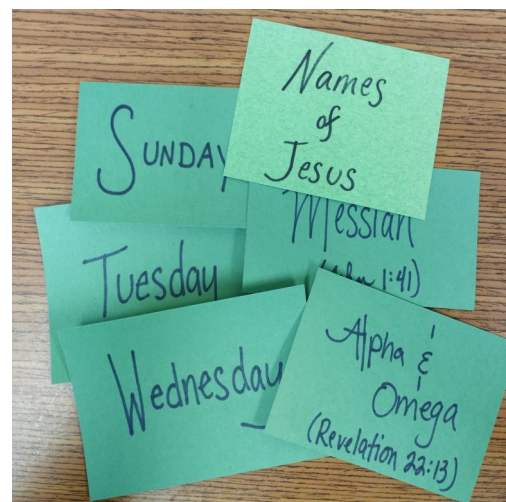
Alternative: Buy Abuelita or Ibarra hot chocolate & follow instructions

Names of Jesus Banner Cards & Scripture:

Supplies:

- string (2-4') -paper clips/clothespins (8)
- markers/crayons -Bible
- 1 sheet blank paper (construction paper works great!)

There are many names for Jesus in Scripture. This week, with this activity we will hear one name each day. Cut the paper into 8 equal rectangles. On the first write "names of Jesus". Then, each day write the day of the week on one side and the name & Bible verse on the other. Then, each day as a family, turn the card over from day of the week to the name and read the Bible verse listed. Ask for any reaction or thoughts to the name you hear each day.



Sunday: Emmanuel (Isaiah 7:14)

Monday: Messiah (John 1:41)

Tuesday: Indescribable Gift (2 Corinthians 9:15)

Wednesday: Savior (Luke 2:11)

Thursday: Alpha & Omega (Revelation 22:13)

Friday: Good Shepherd (John 10:11)

Saturday: I Am (John 8:58)



Week THREE: Open my heart, Lord. Help me to love like you...

This week in the Gospel (John 1:6-8, 19-28) John the Baptist declares himself unworthy to even serve Jesus by unfastening his sandal. How can we strive to worthy of Jesus by opening our heart to serve others?

Daily Service Challenge

Opening our hearts means several things, including serving others. Jesus—this week help us to find small ways to love like you—by putting the needs of “the other” in front of our own.

Sunday: Serve Your Family Day 1—get up the first time you are asked in the morning, do your best to not fight with siblings, help out in extra ways

Monday: Serve your family Day 2—extra snuggle time, keep your room picked up the rest of the week, say I love you to everyone in your family at least twice that day

Tuesday: Serve your Neighbors Day 1— decorate & write a card to your neighbors and deliver it, if it snows or gets icy—shovel or salt their sidewalk & driveway

Wednesday: Serve Your Neighbors Day 2—pray for your neighbors, give a quick (socially distanced) visit to see how they’re doing this Advent. See if there’s anything they need

Thursday: Serve your parish—write a note of thanks/Christmas card to a priest/staff member, participate in one of the charity drives at the parish (see inside front cover)

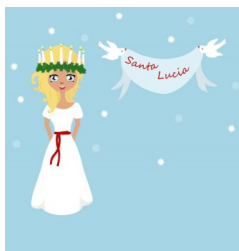
Friday: Serve your town/community—take a walk and pick up trash, smile at everyone you meet (you can smile with a mask on—use your eyes!

Saturday: Serve the world—pray for the world and make a small donation to a reputable charity.

Saint of the Week: Lucy (Lucia) December 13

Check out this website for activities, crafts, & more!
<https://www.reallifeathome.com/celebrate-saint-lucy/>

St. Lucy is an early martyr of the Church. Her name, Lucy, means "light". One such tradition, wearing a crown of candles, is to honor the memory of St. Lucy who wore a candle wreath on her hand so that she could light her way through the catacombs while her arms were full of food for the persecuted Christians.



Las Posadas

('The Inns' Dec. 16-Dec. 24)

For the nine nights before Christmas, Mexican towns reenact the journey of Mary & Joseph. People dress as Mary & Joseph and other people follow in a procession to different houses, singing carols and holding candles. Though they are denied entrance (until the last night), they are provided refreshments. Often the group prays a rosary together or celebrate Mass before/after they gather as well and piñatas are provided!

Recipe: St. Lucy's buns/bread (lussekatter)

Ingredients:

3/4 cup milk
1/2 teaspoon saffron threads
1 tsp (step 1) + 1/4 cup sugar (step 3)
1 packet active dry yeast
3 1/2 to 4 cups flour
1/2 tsp salt
1/2 tsp ground cardamom (optional)
1/4 cup unsalted butter, softened
1/4 cup of sour cream
2 large eggs
Raisins



Instructions:

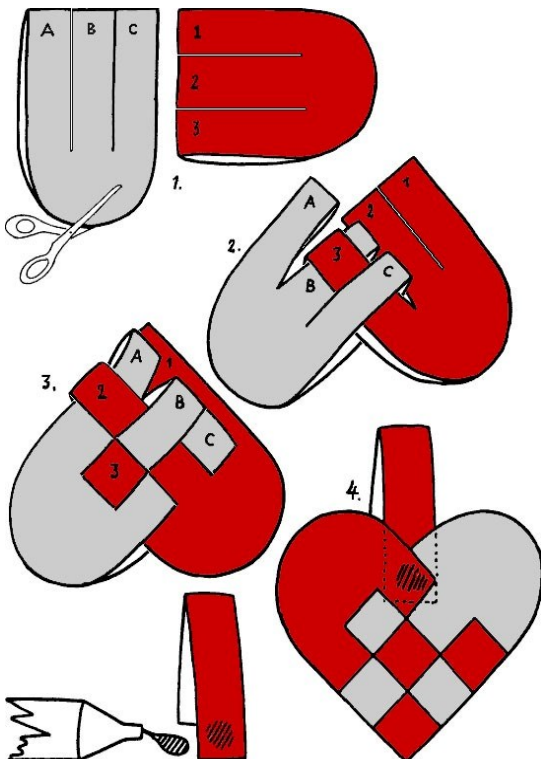
1. Heat first 3 ingredients in pot until steamy. Remove from heat & dissolve sugar. Let cool slightly.
2. Sprinkle yeast over the mix and let sit 5-10 minutes.
3. Whisk flour, sugar, salt, cardamom in mixer bowl. Add wet ingredients and mix until well incorporated.
4. Knead the dough 5-7 minutes, adding flour as needed for a lightly sticky dough. Let dough rise, covered, until doubled in size.
5. Form dough into s-shapes (see pic) (makes 12-14 buns)
6. Let rise another 30-45 min. Brush with egg wash.
7. Add raisin in the small spiral, bake at 400 for 10-11 min. Enjoy!

Julehjerter — Danish Heart baskets

This traditional Danish paper craft is made for hanging treats on the Christmas tree and gifting treats to friends and neighbors.

Supplies: -2 sheets of paper of different colors
(traditional is white & red, but be creative!)

-scissors -glue -pattern at right →



Use the instructions to the left or watch video on youtube:

How to Make Julehjerter - woven Danish hearts (ornament baskets) posted by Mr. Otter Art Studio

Week FOUR: I live within you...rest now in me.

In this week's Gospel (Luke 1:26-38) Mary hears from Gabriel "Be not afraid." How can inviting Jesus to dwell within us help us to not be afraid?

Rest Now In Me:

All of the good things we do in Advent—from present shopping to craft-making—can be an overflow of a heart that's aware of God's goodness in this season. Let's pause to reflect on God's greatest gift to us and the only One able to offer us true rest: Jesus Christ.

Take from Jesus

We don't often think in terms of "taking" but we do think about Jesus giving. Taking is nothing more than accepting and receiving that which Jesus came to give. Let us slow down & take heaven, take peace, take joy. And, TAKE TIME. In our day, the world seems to be moving at warp speed. Take time to reflect on God's love, joy, peace, and grace, given to us that first Christmas.

SUNDAY: Reflect on Love:

John 3:16 "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." Have everyone name 3 things/people they love.

MONDAY: Reflect on joy:

John 15:11 "These things have I spoken unto you, that my joy might remain in you, and that your joy might be full." Have everyone name three things/people that brings them joy.

TUESDAY: Reflect on peace:

John 14:27 "Peace I leave with you, my peace I give unto you." Name 3 things that bring them peace.

WEDNESDAY: Reflect on grace:

John 1:17 "For the law was given by Moses, but grace and truth came by Jesus Christ." Name 1 grace you have received from God (undeserved gift)

EVERY DAY: Reflect, Remember, and Find Rest

Remember Jesus' words of hope and promise when He proclaimed that He had come to preach the gospel, heal the brokenhearted, preach deliverance, restore sight, and give freedom (Luke 4:17-21). Jesus came to give us rest: (Mat 11:28-29) "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls." Find rest for your soul in knowing that Jesus is Faithful and True (Rev 19:11). He gives you love, joy, and peace. TAKE (partake, receive) and FIND REST!

Rest Easy Recipes:

One Pot Slow Cooker Meals - 3 suggestions (each recipe serves 4-5)

(instructions...throw everyone in the slow cooker and cook on HIGH 2-3 hours, LOW 5-6 hours)

<u>Beef Stew</u>	<u>Sausage & Bean Supper</u>	<u>Salsa Chicken</u>
1 lb stew meat	1 pkg. kielbasa	3 chicken breasts
2 cups carrots, chopped	1 can cannellini	1 jar salsa (any variety)
2 cups potatoes, cubed	1 can kidney beans	1 can black beans
1 cup mushrooms	1 cup salsa (any variety)	1 can corn
1/2 cup onions, diced	1 bell pepper, chopped	(shred and serve with tortillas)
1 can stewed tomatoes	1 tsp cumin	
3/4 cups Italian dressing		

Ways to TAKE TIME & REST as a family this week

*Circle all that interest you and then decide, as a family, which 4 things to do
(1 thing per day for the final week of Advent)*

- Take 2-3 minutes each day to pray together (Our Father, 3 Hail Mary, etc.—keep it simple!)
- Prepare a meal together (one pot meals are a great idea!)
- Decorate Christmas Cookies together
- Make a (store kit) gingerbread house
- Listen to carols and sing along
- Play board games together
- Play a video/app game together
- Have a no-tech day/night
- take a family nap
- drive around & look at lights
- help with Christmas prep
- go to bed on time /sleep in
- Watch a Christmas show/movie as a family
- Read a Christmas story book as a family
- order delivery or take-out. Kids clean up.

Christmas Mass Details

In order to be able to gather safely, we have added an extra Mass and will institute a reservation system for Christmas this year. Beginning Monday, December 7 you will be able to go to our website (or call Amy, 515-964-3038...make sure you speak with her, not just leave a message) to reserve space(s) for you & your family. A few things to keep in mind about Mass:

Christmas Eve: 4:30pm (Church & MPR)

7:30pm (Church & MPR)

10:00pm (Church only)

Christmas Day: 9:00am (Church only)

(Masses that weekend will be at the normal times

5pm Sat, 8:30 & 10:30am Sun)

NOTES:

- Unlike our previous RSVP system, this time we will be assigning seats. Please note if you have any handicap needs we need to know them asap.
- You will need to book the total number of seats at the same time for everyone to sit together
- Doors will open 45 minutes before more to allow for adequate time for seating (be seated 10 min. before Mass begins)
- Masks are required for the safety of all.

To LIVESTREAM 4:30pm Mass on YouTube:

Search for: Our Lady's Immaculate Heart Ankeny

*(if unable to watch live, this Mass will be available
for viewing on youtube anytime shortly after)*



O Antiphons

December 17

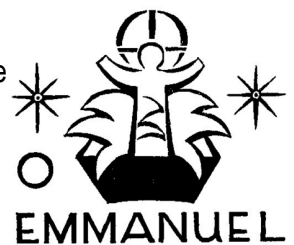
O Wisdom of our God Most High,
guiding creation with power and love:
come to teach us the path of knowledge!

December 18

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

December 19

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



December 20

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

December 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.

December 22

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

December 23

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

An antiphon is a short sentence sung or recited. The O Antiphons date back to the 4th century and are used in the octave (8 days) leading up to Christmas Eve & Christmas. Their repeated use of the imperative "Come!" embodies the longing of all for the Divine Messiah. Consider saying these as a family on the appropriate day leading up to Christmas this year!