



[1st Reading: Jer 33:14-16](#)

[Responsorial: Ps 25:4-5, 8-9, 10, 14](#)

[2nd Reading: 1 Thes 3:12—4:2](#)

[Gospel: Lk 21:25-28, 34-36](#)

OFFICE OF CATECHESIS  
[syracusedioocese.org/offices/catechesis](http://syracusedioocese.org/offices/catechesis)

## The First Sunday of Advent

In today's Gospel, Jesus warns his disciples against the fatigue that can emerge if one becomes consumed by the anxieties of daily life. Many families are too familiar with the kind of fatigue Jesus refers to here. We may be concerned about a family member's health, our job security, our children's education, or any number of other concerns. All these are important matters. Jesus does not promise an end to daily worries and fears, but he does teach his disciples that they will have the strength to withstand anxiety if they stay focused on him, remaining vigilant for his return and praying for strength to endure all tribulations. Through prayer, God helps us stay focused on that which is most important in our lives.

[Loyolapress.com](http://Loyolapress.com)

On this first Sunday of Advent, many of us will gaze upon the single flame that is burning on the Advent wreath. It seems so small and insignificant against the background of world events... and our own lives. The anxieties, fatigue and even mental exhaustion may have us feeling skeptical about this tiny flame. But as we enter this season, the church encourages us to have HOPE in the promises of God.

*How do you intend to enter into this season of waiting? Take some time to reflect on your hopes for this Advent.*

May the God of hope light our path to Jesus. Amen.

Begin creating your Jesse Tree Ornaments!  
[loyolapress.com](http://loyolapress.com) - Jesse Tree - First Week of Advent Symbols

**Sunday: The Jesse Tree**

**Monday: Adam and Eve**

Ornament: Apple

**Tuesday: Noah**

Ornament: Rainbow or Ark

**Wednesday: Abraham**

Ornament: Field of Stars

**Thursday: Isaac**

Ornament: Ram

**Friday: Jacob**

Ornament: Ladder

**Saturday: Joseph**

Ornament: Coat of Many Colors



CatholicKidsMedia



[YouTube](#) - First Sunday of Advent



## Happy New "Liturgical" Year!

This Sunday begins Liturgical Year C.

Advent begins the new liturgical year and can lend itself as an opportunity to reflect on our spiritual resolutions.

How have you nourished your faith this past year? What re-SOUL-utions can you commit to this year? Here are some ideas: [GoogleSlide](#) or [bit.ly/liturgicalyearC](http://bit.ly/liturgicalyearC)

### First Week of Advent - The Candle of Hope

*We wait in hope for the LORD; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love rest upon us, O LORD, even as we put our hope in you.  
Come Lord Jesus, come! Amen*

Cut & Pray!



On the First Sunday of Advent, the Candle of "Hope" is lit.

## Links for More Ideas & Activities

[onlineministries.creighton.edu](http://onlineministries.creighton.edu) - Two Parts of Advent (Teens & Adult Faith Builder)

[Youtube.com](http://Youtube.com) - Pray the Holy Rosary - First Sunday of Advent (All Ages Faith Builder)

[Saintsresource.com](http://Saintsresource.com) (RCL Benziger) Francis Xavier - December 3

[lifeway.com](http://lifeway.com) - 6 Ideas for Celebrating Advent as a Family (All Ages Faith Builder)

[catholiccuisine.blogspot.com](http://catholiccuisine.blogspot.com) - Xaver Suppe (Soup for St. Francis Xavier's Day)

[Catholicculture.org](http://Catholicculture.org) - Gifts for Jesus, the Advent Manger (Family Faith Builder)

[media.ascensionpress.com](http://media.ascensionpress.com) - 10 Family Advent Traditions to Try This Year (All ages Faith Builder)



Prepare the manger!