



## Session 1 (November 29, 2005)

### First Sunday of Advent

#### I. Opening Prayer

#### II. Advent

##### A. What is Advent?

1. Advent comes from the Latin word for "arrival" or "coming," which is a period of preparation for the birth of our Lord.
2. The focus of the entire season is the celebration of the birth of Jesus and the anticipation of the return of Christ the King in his second Advent.
3. Advent begins four Sundays before Christmas and is the start of the Christmas Season, which lasts through the Baptism of our Lord.
4. The first Sunday of Advent marks the beginning of the liturgical year, which is the Church's "New Year's Day," at which the cycle of reading that we use at mass are changed.
5. Weeks 1-3 of Advent are focused on the second coming of Jesus.
6. The third Sunday of Advent is known as "Gaudete Sunday," which means rejoice in the Lord always. On this Sunday we are called to rejoice.
7. The liturgical color of the season is purple, a sign of penance, which is used during Lent.
8. The season of Advent has a message of hope for all Catholics.

## B. Why is the Advent wreath used?

1. The circular wreath made of evergreens with four candles represents the circle of the year and the life that endures through winter.
2. The lighting of the Advent candles represents the promise of the coming of Jesus, the light of the world.
3. Traditionally, there are three purple candles and one rose candle (for the third Sunday). Blue candles can also be used. Purple reminds Catholics to turn our hearts toward God; rose is the color of joy.

## III. Paschal Sundays

### A. What is a Paschal Mystery?

1. The Church celebrates the paschal mystery on the first day of each week, known as the Lord's Day or Sunday.
2. All Sundays celebrate the paschal mystery of the death and resurrection of the Lord.

## IV. Ordinary Time

### A. What is Ordinary Time?

1. The Sundays in Ordinary Time are numbered consecutively from the Monday following the baptism of the Lord to the Tuesday before Ash Wednesday.
2. During Ordinary Time there is no seasonal emphasis, except that the period between All Saints' Day and the First Sunday of Advent is observed as a time to celebrate and reflect upon the reign of Christ in earth and heaven.

## V. Liturgical Year

### A. What is a Liturgical Year?

1. The Liturgical Year is the celebration throughout the year of the mysteries of the Lord's birth, life, death and Resurrection.

Thanks to Michelle Foulds for recording tonight's session

Note: Please remember to sit on the right side of the altar by the piano/Saint Joseph Shrine. All candidates will be dismissed after the homily at the 10:30 am Mass.