



The Catholic Women's League of Canada
Diocese of Sault Ste. Marie
Spiritual Development Standing Committee
Catholic and Living It!

CATHOLIC
and **LIVING IT!**

Directive #3

Pages : 3

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To: SSM Parish Spiritual Development Chairpersons
From: Betsy Currier, Diocesan Spiritual Development Chairperson
Cc: SSM Diocesan Spiritual Advisor Most Reverend Pat Woods, SSM Diocesan Officers, Parish Presidents, Parish Secretaries, Regional Spiritual Advisors, Provincial Spiritual Development Chairperson Emma Rose Rayburn and National Spiritual Development Chairperson Cathy Bouchard

Pray at all times as the Spirit inspires you. Keep watch, together with sustained prayer and supplication for all the holy ones. Ephesians 6:18.

Greetings my Dear Sisters;

The Advent season is upon us! A Season of Anticipation and Hope

Advent begins Sunday November 27, 2022 and marks the beginning of the ecclesiastical year in our church. The word 'advent' means 'coming'. During this time, we are encouraged to prepare ourselves worthy to celebrate the anniversary of the Lord's coming into the world as the incarnate God of love.

The Advent season invites us to step away from what can be a frenzied time of parties and shopping to consider how we commemorate the birth of Jesus, one of the holiest times in Christian faith. It is also a time to reflect on the triumphant return of Jesus at the second coming.

During Advent, Christians prepare for this here-and-now coming of Christ by remembering the long years during which Israel waited for the coming of the Messiah, and by looking forward to the final coming of Christ at the end of time. You will hear both themes reflected in the Church's readings during Advent.

Advent Prayer

Father, all powerful and ever-living God, we do well always and everywhere to give you thanks through Jesus Christ our Lord. When he humbled himself to come among us, he fulfilled the plan you formed long ago and opened for us the way to salvation. Now we watch for the day, hoping that the salvation promised us will be ours when Christ will come again in his glory. And so, with the choirs of angels in heaven we proclaim you glory and joy in their unending hymn of praise:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord, hosanna in the highest.

Sunday, November 27, 2022 *The First Sunday of Advent*

On the first Sunday, we light the *Prophecy Candle*, the Candle of Hope, which reminds us that Jesus' coming was prophesized hundreds of years before his birth. The purple colour represents Christ's royalty as King of Kings.

The prayer as we light the first candle:

Stir up thy power, O Lord, and come, that by thy protection we may be rescued from the dangers that beset us through our sins; and be a Redeemer to deliver us; Who lives and reigns with God the Father in unity with the Holy Spirit, ever on God, world without end. Amen.

Sunday, December 4, 2022 *Second Sunday of Advent*

The second candle is the *Bethlehem Candle*, the Candle of Peace, reminding us that Jesus was born in Bethlehem. It too is purple reminding us that it was a King who was born in the manger.

The prayer as we light the second candle:

Stir up our hearts, O Lord, to prepare the paths of thy Only-begotten Son, that we may worthily serve thee with hearts purified by His coming; Who lives and reigns with God the Father in unity with the Holy Spirit, ever on God, world without end. Amen.

Sunday, December 11, 2022 *Third Sunday of Advent*

The third candle, the *Shepherds' Candle*, the Candle of Love, reminds us that God sent angels to proclaim His arrival to common man. It reminds us also that He still uses ordinary people today to spread the good news of Christ. This candle is pink and represents God's love and faithfulness.

The prayer as we light the third candle:

We beseech thee to listen to our prayers, O Lord, and by the grace of thy coming enlighten our darkened minds; Who lives and reigns with God the Father in unity with the Holy Spirit, ever on God, world without end. Amen.

Sunday, December 18, 2022 *Fourth Sunday of Advent*

The fourth candle, is the *Angel's Candle*, the Candle of Joy. We are reminded of the heavenly hosts that proclaimed Christ's arrival with, "Behold, I bring unto you good tidings of great joy!". The Angel's Candle, also purple, reminds us that it was a King's birth the angels were announcing.

The prayer as we light the fourth candle:

Thank you, God, for the joy you give us. We ask that as we wait for all your promises to come true, and for Christ to come again, that you would remain present with us. Help us today and every day to worship you, to hear your word, and to do your will by sharing your joy with each other. We ask this in the name of the one who was born in Bethlehem. Amen

Sunday, December 25, 2022 Christmas Day

The last candle is to remember the birth of our Lord and Saviour Jesus Christ. As the prophets promised so long ago, you have come to us once again, with the shepherds we are filled with wonder and amazement. Some will additionally light a fifth candle, located in the centre of the wreath on Christmas Eve or Day. This is the *Christ Candle*, the large white candle in the middle of an Advent wreath.

The prayer as we light the Christ Candle:

Lord, you come as a tiny, fragile baby; yet we know that you are God and you are with us. May the flame of this candle remind us that you are the light of the world and that if we follow you, we will never walk in darkness, but will have the true light of life. Come, Lord Jesus, come. Amen

Wishing each of you a very blessed Advent season.



Betsy

Betsy Currier
SSM Diocesan Spiritual Development Committee Chairperson