

# Advent at Home



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Simple Practices for the Season of Hope

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# Welcome from St. Catherine's!

## Welcome to this season of Advent!

Advent is a time when Christians around the world prepare their hearts and homes to celebrate Christmas. Each Sunday, we light candles on the Advent wreath, marking the four weeks leading up to Christmas. The wreath's circle reminds us of God's unending love, while the candles represent hope, peace, joy, and love—gifts we all long for in our lives and families.

We are delighted to share this tradition with you, whether you are part of our church family or joining us through our pre-k program, or one of our neighbors. The following pages contain weekly reflections, activities, and prayers that can help bring meaning to the season.

We've also included an “**alternative track**” with ideas for reflective family practices for those exploring Advent in a more secular way.

May this season bring you hope, peace, joy, and love.

Warmly,



The Rev. Sarah K. Fisher  
(Lead Pastor)



The Rev. Trey B. Phillips  
(Associate Pastor)

Learn more about us  
by visiting our website:



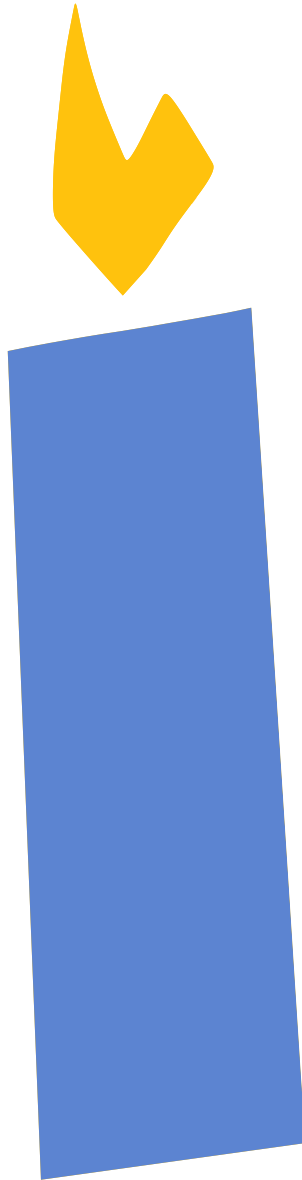
## St. Catherine's Episcopal Church

571 Holt Road NE • Marietta, GA 30068

Office Hours:

Mon- Thurs | 9 AM - 4 PM

# Hope



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First Sunday of Advent: December 1, 2024

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# Weekly Reflection

1

**Light** the first candle (Blue) on your wreath, the Candle of Hope.

2

**Read** *Isaiah 9:2* - "The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned."

3

**Reflect/Family Activity:** Take turns sharing one thing you're hopeful for in the coming year. Write each hope on a piece of paper and place it near the wreath to remind you throughout the season.

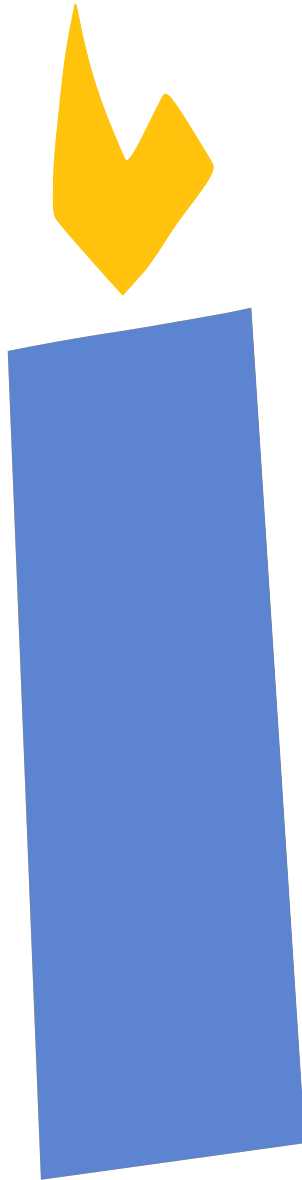
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**Pray:** *Loving God, we thank you for the gift of hope. May this candle remind us of the light you bring to our lives and the hope we share as a family. Amen.*

5

**Extinguish** the candle.

# Peace



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Second Sunday of Advent: December 8, 2024

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# Weekly Reflection

1

**Light** the first and second candle (Blue) on your wreath, the Candles of Hope and Peace.

2

**Read** *John 14:27* - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

3

**Reflect/Family Activity:** Create a "Peace Jar." Every time someone does an act of kindness or shares something that makes them feel peaceful, write it on a small slip of paper and place it in the jar.

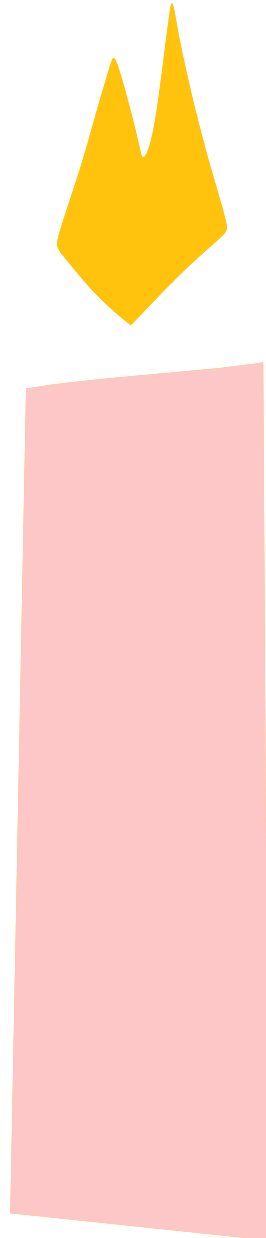
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**Pray:** *God of peace, thank you for the gift of stillness and calm. Help us to bring peace to our hearts and to our home this season. Amen.*

5

**Extinguish** the candles.

# Joy



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Third Sunday of Advent: December 15, 2024

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# Weekly Reflection

1

**Light** the first three candles on your wreath, the Candles of Hope, Peace, and Joy (Pink).

2

**Read** *Philippians 4:4* - "Rejoice in the Lord always. I will say it again: Rejoice!"

3

**Reflect/Family Activity:** Go around and share something that brought you joy this week. Make a "Joy Tree" by drawing or cutting out paper ornaments and writing one joyful moment on each (*See the back of the booklet for cut-outs*).

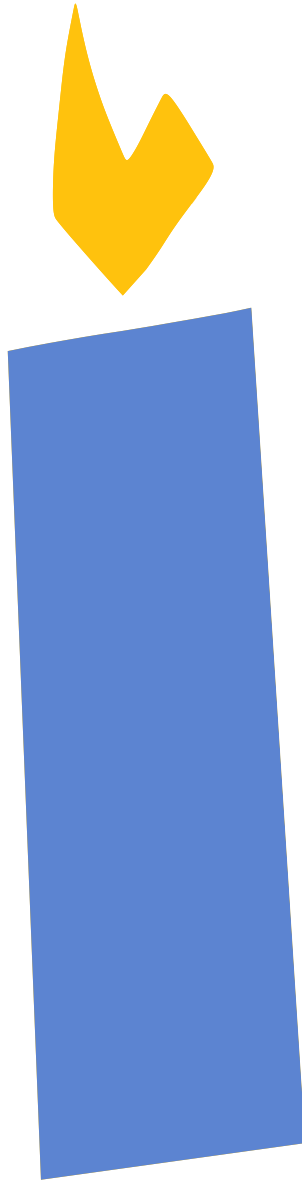
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**Pray:** *God of joy, we thank you for the moments that make us smile and feel alive. May our hearts be filled with joy as we celebrate this season. Amen*

5

**Extinguish** the candles.

# Love



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Fourth Sunday of Advent: December 22, 2024

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# Weekly Reflection

1

**Light** all four candles, the Candles of Hope, Peace, Joy, and Love (Blue).

2

**Read** *1 John 4:19* - "We love because he first loved us."

3

**Reflect/Family Activity:** Think of someone who could use extra love this season. Make or draw a small card for them, or talk about ways you might show love to others as a family.

4

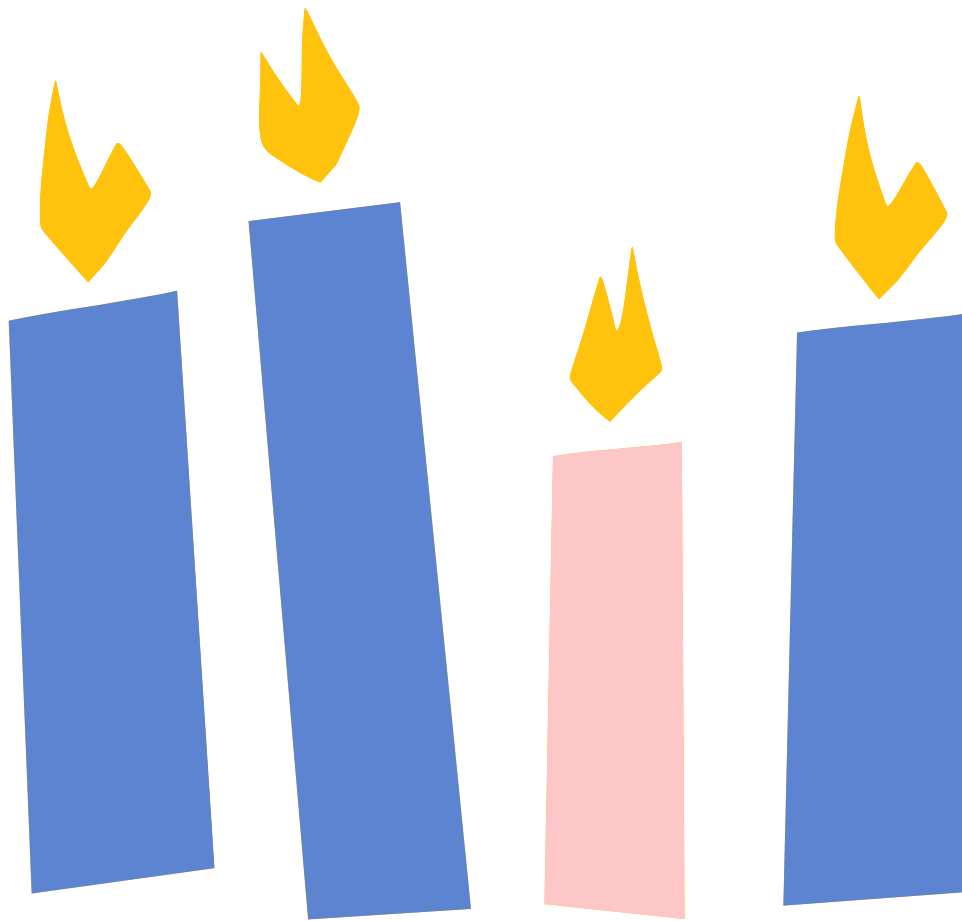
**Pray:** *God of love, we thank you for loving us deeply. May this candle remind us to share that love with others. Amen.*

5

**Extinguish** the candle.

# Alternative Track for Non-Religious Families

For families looking for a reflective practice without the religious elements, here are weekly themes and activities that encourage connection, kindness, and reflection.



## First Week of Advent: Hope

- **Theme Activity:** Have each family member share one thing they're hopeful for, and discuss ways you can support each other's hopes.
  - **Family Reflection:** Consider one thing you'd like to bring into your life next year and one thing you'd like to let go of.
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## Second Week of Advent: Peace

- **Theme Activity:** Start a "Gratitude Jar." Each evening, write down something you're grateful for and add it to the jar.
  - **Family Reflection:** Try a short moment of quiet as a family. Notice the sounds around you and how they make you feel.
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## Third Week of Advent: Joy

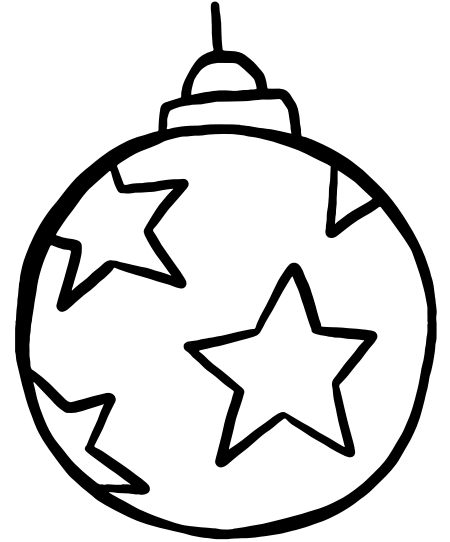
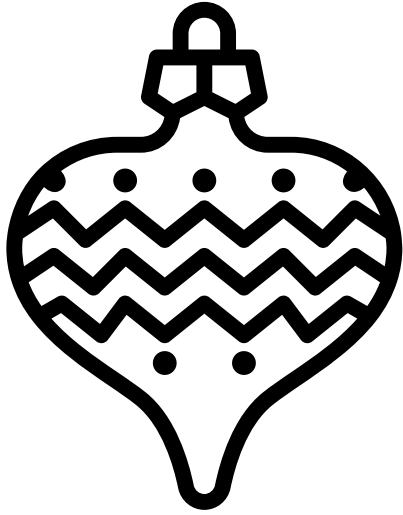
- **Theme Activity:** Share something that made you laugh or smile today, or do a favorite family activity that brings joy.
  - **Family Reflection:** Think about a happy memory and what made it special. How can you bring more joy into the coming year?
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## Fourth Week of Advent: Love

- **Theme Activity:** Choose a family project that spreads kindness—write cards, bake treats, or do an act of kindness for a friend or neighbor.
- **Family Reflection:** Take turns sharing one thing you love about each family member.

# Reflections

# “Joy Tree” Activity



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