

# THANK YOU FOR JOINING US ON OUR SJF 'WALK TO BETHLEHEM

## What is Advent?

A season of **hope, preparation, EXPECTATION & celebration**




Advent is made up of **four weeks**, divided into **two periods**:

- 1** First Sunday of Advent until December 16  
focus: Christ's second coming at the end of time
- 2** December 17 to 24  
focus: Preparation for celebrating the birth of Jesus Christ

The **ADVENT WREATH** is a popular symbol used as the focus of prayer throughout the season

The **first Sunday of Advent** marks the beginning of the liturgical year

Through prayer, spiritual reading, acts of charity, and participation in Eucharist, Advent helps us to expand the meaning of our lives, **so that we are not ends in ourselves, but a people who seek Christ as our hopeful end and joyful fulfilment**



Advent is **more** than the preparation for Christ's birth. It also celebrates the **three-fold coming of the Lord**:

- **Remembering** the events that surrounded the Lord's coming long ago
- **Celebrating** his coming among us today
- **Looking forward** to his final coming in glory

Our prayer at Advent is one of hope and love:

*Come, Lord Jesus!*

**CANDLES** mark the steps in our Advent journey

Archdiocese of Toronto | [www.archtoronto.org](http://www.archtoronto.org)  
#AdventTO

We are now into the beginning of the Liturgical Year and the Season of Advent .

To prepare to participate with us in this spiritual journey to Bethlehem you may want to:



1. Create / get out your Advent wreath and note the weekly themes for the candles of: Hope Love Joy & Peace
2. Choose a personal favorite for your Advent daily reflection or choose one or more of the following:
  - Canadian Catholic Council of Bishops Liturgical Reflections <https://www.cccb.ca/liturgy-sacraments/resources-in-english/liturgical-calendar/video-reflections/>
  - Daily Reflection forwarded by our SJF Prayer Group leader Shirley Digby [rs631@rogers.com](mailto:rs631@rogers.com)
  - 'Pray More Retreat' <https://praymoreretreat.org/> suggested by Lorraine Carvey [Lorraine.carvey@yahoo.ca](mailto:Lorraine.carvey@yahoo.ca)
  - PDF Advent Calendar attached with this email
  - The website of the Catholic Health Association Daily Advent reflection <https://www.chausa.org/advent-2020?date=nov-29>
  - The website of My Catholic Life <https://mycatholic.life/advent/>
3. Decide if you wish to download a pedometer to your cell phone or use one of the available conversion methods to calculate your kms:
  - 20 minutes of aerobic exercise = 1 km
  - 1200-1500 steps = 1km
  - 10,000 daily steps = 8 kms
4. Commit to what form of exercise you will use for your daily contribution to our 'Walk to Bethlehem'
5. On Saturday please submit your total steps / kms to [StJohnFisherCWL@outlook.com](mailto:StJohnFisherCWL@outlook.com)
6. Look to receive your weekly update on Sunday and prepare for the next week of your journey
7. Repeat your commitment for the next 3 weeks of Advent.



Let's see how many we can get to Bethlehem for Christmas!!