



St. Joseph's Parish



Family Activity Sheet



Advent week 3, 13th -20th December 2020

Introduction:

“Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near” (Phil 4: 4-5). This is the entrance antiphon from Sunday’s Mass. Sunday is “Gaudete Sunday, “Rejoicing Sunday! The theme of Sunday Mass is rejoicing and indeed we do rejoice because this third Sunday of Advent brings us that much closer to the celebration of God’s coming among us in His human nature. It’s really staggering; the great and all-powerful God, who is the source of everything that we know, lowered Himself to become one of His created beings. This is why on Sunday the liturgical colour is rose (not pink – not many priests like to think that they are wearing pink!). In my previous parish, the priest used to ask his congregation to come wearing rose! One thing that we can be joyful of is that some of our young people will be making their First Confessions on Sunday. Don’t forget, the Sacrament of Reconciliation is not just for children – it’s for us all and much like feeling better after a good bath or shower, we feel so much better after the “cleansing” of the Sacrament of Reconciliation.



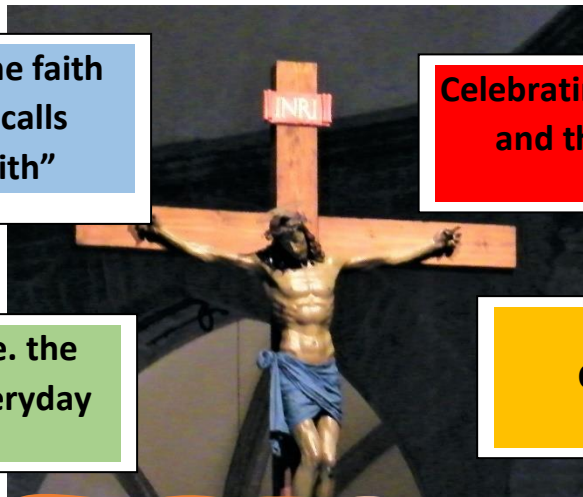
There are Four Dimensions of the Faith which we can put around the cross, making sure that Jesus Christ is the centre of everything we do:

Speaking/Learning the faith
(which the Church calls
“professing the faith”

Celebrating it in the liturgy
and the sacraments



Living it (in Christ) – i.e. the
choices we make in everyday
life

Christian prayer.



These notes will use these colours to show the balance of activities – some of course reflect more than one dimension of the faith, but over the month, try to pick a variety of activities.

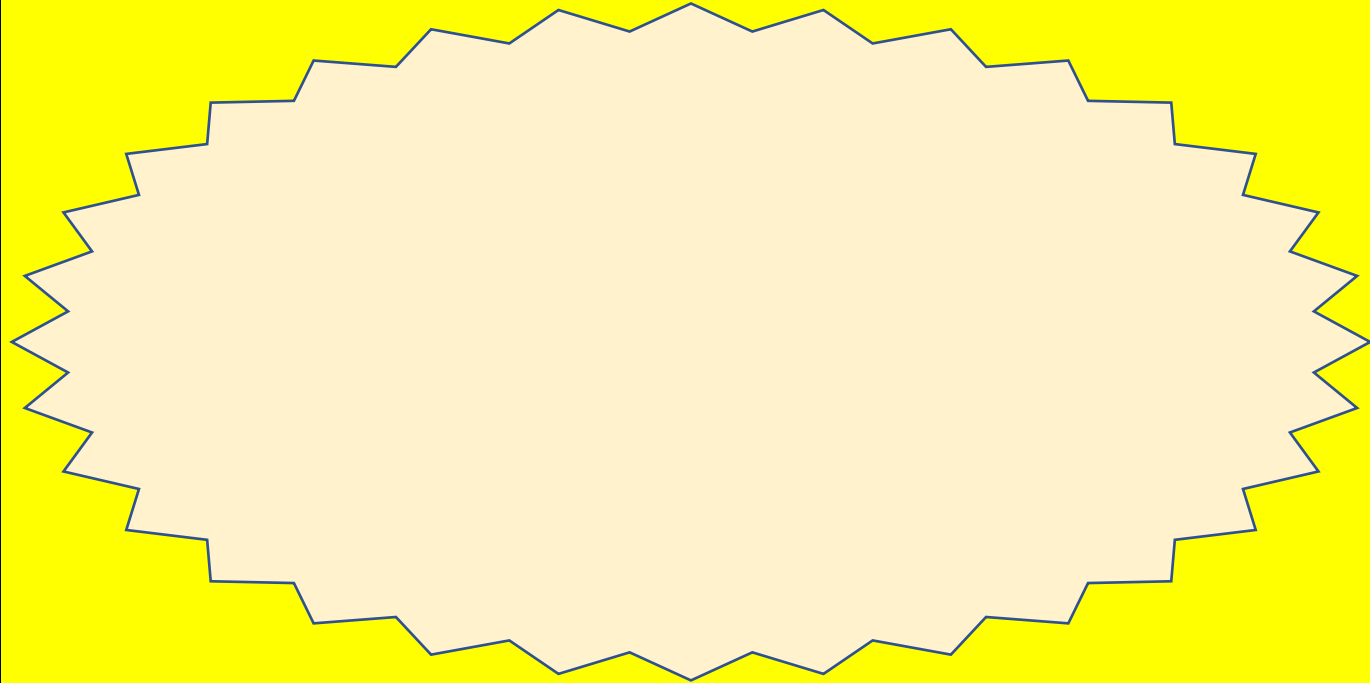
We would love any pictures of you doing these activities! If you have any, please send to the parish office. By sending them to the office please state if you are happy for them to be included in the newsletter (which is emailed to everyone and put on the website) and/or the parish Facebook page

Feast/memorial	Activity
<p data-bbox="360 252 958 288"><u>13th December: 3rd Sunday of Advent</u></p> <div data-bbox="241 320 387 464">  </div> <p data-bbox="409 352 741 387">Responsorial Psalm</p> <p data-bbox="387 408 703 443">Luke 1:46-50,53-54</p> <p data-bbox="309 464 768 499"><i>My soul rejoices in my God.</i></p> <p data-bbox="241 520 853 719">My soul glorifies the Lord, my spirit rejoices in God, my Saviour. He looks on his servant in her nothingness; henceforth all ages will call me blessed.</p> <p data-bbox="241 740 703 775"><i>My soul rejoices in my God.</i></p> <p data-bbox="241 796 752 995">The Almighty works marvels for me. Holy his name! His mercy is from age to age, on those who fear him.</p> <p data-bbox="241 1016 703 1051"><i>My soul rejoices in my God.</i></p> <p data-bbox="241 1072 768 1272">He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy.</p> <p data-bbox="241 1292 703 1327"><i>My soul rejoices in my God.</i></p>	<p data-bbox="1335 252 1861 288"><u>Family reflection on the Gospel:</u></p> <div data-bbox="1917 328 1984 408">  </div> <ul data-bbox="1151 344 2069 464" style="list-style-type: none"> • Light a candle • One person read the Psalm and everyone else join in with the antiphon (responses). <p data-bbox="1104 472 1682 507"><i>Discuss together some of these questions</i></p> <p data-bbox="1104 515 2085 675">This week we are focussing on the Magnificat which is Mary's response to Elizabeth's greeting when she went to visit her. This is instead of the responsorial Psalm but it has the same pattern of praise that many of the Psalms have.</p> <ul data-bbox="1151 687 2085 1046" style="list-style-type: none"> • What words in the Psalm can be associated with happiness and delight? (Ans: glorifies, rejoices, blessed, marvels, mercy, protects) • How does Mary describe herself? (Ans: as a servant) • What words does Mary use to describe God? (Ans: the Lord, Saviour, Almighty, Holy, [may be also merciful, protective]) • What does Mary say that God does? (Ans; works marvels, looks on His servant, is merciful, fills the starving, protects Israel...) • What else do we know that God does? (Ans: ...open ended discussion...) <p data-bbox="1104 1054 2051 1174">Finish by as a family write your own Psalm of praise. Note that the lines are generally in 2s; the second line either repeats the theme or adds to it.</p> <p data-bbox="1104 1222 1809 1257">May be you can share your results with the parish.</p>

A prayer of thanks



Mary's Magnificat is also a Psalm of thanks. For those of you who will be making your first confession on Sunday, write out a prayer or psalm of thanks to Jesus for taking away your sins and making you "all clean" again. Make sure that you bring this prayer with you to the Mass so that you can pray it when you get back to your seat.



13th December – St. Lucy

St. Lucy was martyred in about 303 AD. (She died because she was told to stop being a Christian and to stop loving Jesus, but she did not want to as she loved Jesus so much). As her name means "light" a lot of stories have grown up about her and one was that she secretly took cakes at night to Christians who were hiding from the Emperor. In order to see where she was going, because her hands were full carrying the cakes, she wore a crown of candles to give her light. In Scandinavian countries, some families make "St. Lucy Cakes" which are saffron buns and are served by the youngest girl in the home. Traditionally she wears a white dress and a crown of candles on her head. We do suggest that if you do this you make cardboard candles! See below for a recipe:



BBC Food ~ Swedish Lucia rolls

Ingredients:

1 tsp saffron threads

250ml/9fl oz tepid milk

500g/1lb 2oz strong white flour

7g/¼oz sachet of fast-action dried yeast

1 tsp salt

50g/1¾oz golden caster sugar

50g/1¾oz unsalted butter, melted

100g/3½oz Quark cheese

1 free-range egg yolk

handful of
raisins



Method

Grease a baking tray. Soak the saffron in the milk for 5-10 minutes.

Combine the flour, yeast, salt and sugar in a mixing bowl and make a well in the centre. Stir the melted butter into the milk and saffron mixture and pour into the well. Add the Quark cheese.

Stir together briefly, then bring together as a dough. Knead on a floured surface for 10 minutes, or until smooth. Place in an oiled bowl, cover with oiled clingfilm and leave in a warm place for 1½-2 hours until well risen.

Preheat the oven to 220C/425F/Gas 7.

Knock back the dough and divide into 12 pieces. Roll each into a rectangle about 20cm/8in long. Twist each into an 'S' shape, as tight as possible. Place on the prepared baking sheet and cover loosely. Leave for 30-45 minutes or until puffed up.

Brush the rolls with the egg yolk, then place one raisin in the centre of each circle (two raisins per roll).

Bake the rolls for 15 minutes, then remove from the oven and set aside to cool on a wire rack.

Recipe taken from <https://www.lavenderandlovage.com/2011/12/st-lucys-day-special-birthday-and.html>

The “O” Antiphons

In the last 7 days of Advent, the Church sings some special praises of Jesus. You must be familiar with the advent carol “O come O come, Emmanuel”. The verses of this carol represent the different attributes of Jesus and the “O” is a kind of address used to God, (Such as O God/ O my Jesus....)

Activity: cut these out and fold in half so that the meaning is on the back – colour in and decorate (with glitter if you dare!) so that they are pretty, and hang a piece of ribbon through the hole so that you can hang them on your Christmas tree or maybe on a bare twig. You could do one each day so that by Christmas your branch is colourful and attractive.

O Sapienta

17th December

O Wisdom of God. Jesus is the wisdom of God and He guides us and helps us to make the right decisions.

O Adonai

18th December

O Lord, Jesus is the Lord. “Lord was used instead of saying “YHWH” which is too sacred to say.

O Stock of
Jesse

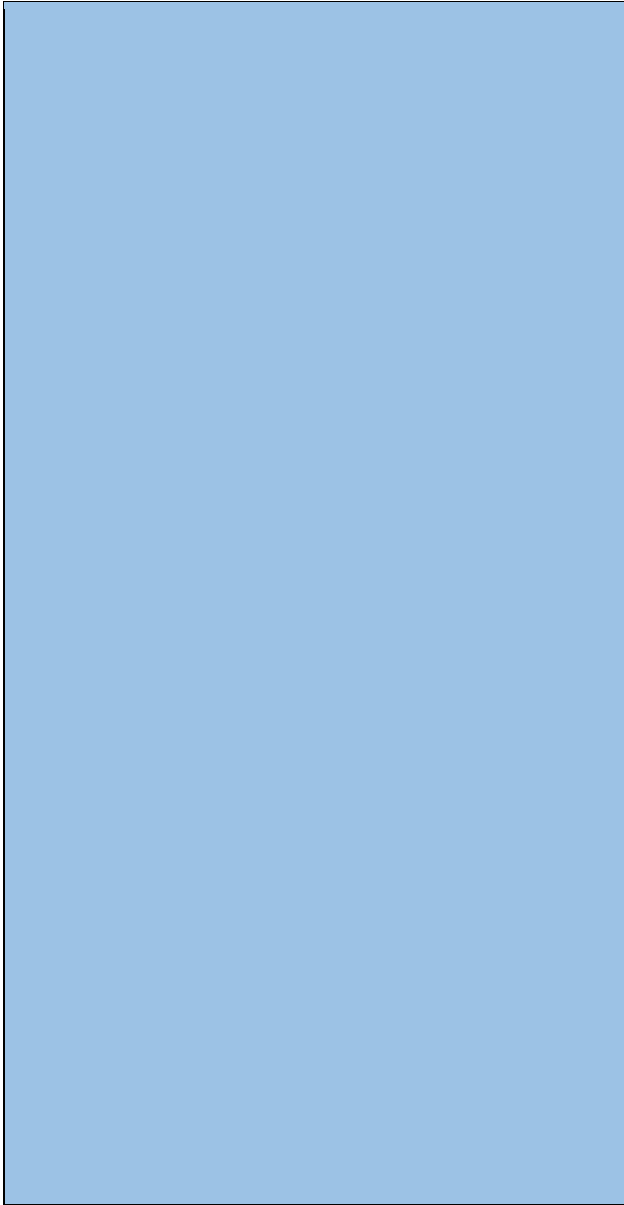
19th December

O descendant of Jesse! Jesse was King David’s father and Jesus descends from David and therefore from Jesse.

O Key of
David

20th December

O King! Jesus is born to be king, an even greater king than his ancestor King David was.

	<p>O Oriens</p>	<p>21st December</p> <p>O Rising sun – Jesus is a new dawn o every dawn brings with it hope of a new day and Jesus brings hope of eternal life</p>
	<p>O King of the peoples</p>	<p>22nd December</p> <p>Jesus is not just king of Israel, but king o everyone – His kingdom is not of this world.</p>
	<p>O Emmanuel</p>	<p>23rd December</p> <p>O God who is with us. Jesus is not just a human baby but He is also God. Fully God and fully Man. Christmas is about celebrating that Jesus is God with us.</p>
	<p>If you make one of these “O Trees” send us a photo.</p>	