



**Ontario Provincial Council
of The Catholic Women's League of Canada
Spiritual Development Standing Committee**



Inspired by the Spirit, Women Respond to God's Call

Directive #8

Pages: 2

November 12, 2018

Attachment: *Advent Prayers*

To: Diocesan Spiritual Development Standing Committee Chairpersons
From: Anna Tremblay, Ontario Provincial Spiritual Development Standing Committee Chairperson
cc: Diocesan Presidents, Provincial Officers, National Spiritual Development Standing Committee Chairperson Shari Giunta
Sub-committee members: Sharon St Jean, Margie Royle

At times our own light goes out and is rekindled by a spark from another person ... think with deep gratitude of those who have lighted the flame within us.

-Albert Schweitzer



Advent is a wonderful time to spend in prayer and reflection on Christ's miraculous entry into our world.

This year the blessed season of Advent begins on Sunday, December 2nd, just three weeks away. Catholic families will once again celebrate the period before Christmas by lighting candles, commemorating the days with Advent calendars and re-reading the story of Jesus' birth. Along with spiritual preparation, comes the hustle and bustle of shopping, baking and decorating for Christmas in a more material way, often overshadowing the spiritual preparation.

To help our members connect with the Lord during this Advent and Christmas season, I am pleased to offer Advent material prepared by Ontario Life Member Sharon St Jean. This material is offered on a weekly, not daily, basis and is structured so that participants have the option of one activity each day of the week: Read, Meditate, Reflect, Pray and Act, should they wish to use the material in this way.

Please distribute this material in your diocese and councils. Although it is attached in document format, it can easily be printed in booklet format. It will also be posted on the Ontario provincial website (www.cwl.on.ca) and Facebook page.



Blessing of the Christmas Ornaments

Each Christmas ornament tells a story and carries a blessing. To counter the typical frantic rush of the season, let the Christmas tree stand bare for a week and then bless the ornaments while placing them on the tree. This is a good way to observe how Advent is a time of anticipation and longing.

Have each family member choose a favorite ornament and hold it. Select someone or ask someone to volunteer in leading the following blessing.

Leader: God, we ask you to bless these ornaments. Each one of these represents a thread in the tapestry of our family's life together. We gather today to be mindful of how you have been present with us through all our days. We know that you are present with us now as our family story continues to unfold. Help us to see one another as precious and dear, to treat one another with tenderness and care, and to enjoy and celebrate the joy that each one of us brings to the family. We ask you this in a spirit of memory and celebration.

All: Amen.

(After the blessing, your family might take time to share stories connected to some favorite ornaments.)

<https://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/advent-and-christmas/blessing-the-christmas-ornaments>