

St. Helen's Anglican Church



Nov. 27-Dec 24
2022

What is Advent?

Advent is the 4-week season of preparation and anticipation that comes before the great celebration of Christmas. It helps us to slow down the chaos that can overwhelm us at this time of year and remember that we are waiting for something that money can't buy and planning can't produce.

We are waiting for the coming of God into the world. We are preparing for the gift of hope that is stronger than despair; peace that is stronger than fear; joy that is stronger than sadness; and love that is stronger than death.

Whether Advent is already part of your life or is something brand new to you, you are invited to join in the waiting with simple acts of generosity, marking time, and being together as the days grow darker but our eagerness grows brighter.

May you have a beautiful Advent and a joyful Christmas!

A Reverse Advent Calendar

Find a large box. If you want, you can decorate it with wrapping paper, stickers, ribbons, drawings.

Beginning on the first day of Advent, November 27th, add one item to the box each day until December 24th.

You don't need to include all the items and you can put the same thing in on multiple days, if you wish.

Bring your box to St. Helen's on Christmas Eve or to any church service up to and including Epiphany (January 8th). We will bless the gifts and see that they are sent to the community organizations that need them.

- toothpaste
- toothbrush
- canned soup
- pasta
- pasta sauce
- deck of cards
- deoderant
- new socks
- new underwear
- peanut butter
- applesauce
- mittens
- mug
- baked beans
- Kraft dinner
- razor
- shaving cream
- soap
- diapers
- canned fruit
- markers/crayons
- menstrual pads
- crackers
- cereal
- small towel
- toque
- box of band-aids

Advent Wreath

Advent wreaths often include greenery and use purple or blue candles arranged in a circle around a white Christ Candle. Yours can be as elaborate or as simple as you like - all you need are some candles of any size, shape, or colour.

Each day, perhaps at dinner, take a moment to light a candle and offer a simple prayer until your "wreath" glows bright at Christmas.

Week 1 - Nov 27-Dec 3

We light 1 candle for hope.
The day of hope is coming.

We are waiting!

Week 3 - Dec 11 - Dec 17

week 1 and 2 plus:

We light 1 candle for joy.
The day of joy is coming.

We are waiting!

Week 2 - Dec 4 - Dec 10

week 1 plus:

We light 1 candle for peace.
The day of peace is coming.

We are waiting!

Week 4 - Dec 18 - Dec 24

week 1, 2, and 3 plus:

We light 1 candle for love.
The day of love is coming.

We are waiting!

Christmas

We light 1 candle for hope. **The day is here!**

We light 1 candle for peace/joy/love. **The day is here!**

And we light 1 candle for the Christ Child!

Jesus Christ is born! Merry Christmas!