



THE CATHOLIC PARISH OF
BOGNOR REGIS AND SLINDON

We are followers of Jesus, on fire with his love,
sharing that love with each other and with the world.

Kids Church – First Sunday of Advent

Be Alert! The Messiah is coming. Turn to God and be saved. We must be vigilant or alert at all times because only God knows the hour of our last days on earth. Being alert, for us, means that we should not put off things we know we could do today, such as praying or showing compassion.

Rest assured of my prayers for your family and you this coming week!

Rov Claveria

Gospel: Mark 13:33-37

Jesus said, “Be on watch, be alert, for you do not know when the time will come. It will be like a man who goes away from home on a journey and leaves his servants in charge, after giving to each one his own work to do and after telling the doorkeeper to keep watch. Be on guard, then, because you do not know when the master of the house is coming — it might be in the evening or at midnight or before dawn or at sunrise. If he comes suddenly, he must not find you asleep. What I say to you, then, I say to all: watch!”

Gospel reflection: What do you remember from that reading?

Jesus promised us that one day he would return. In this gospel story Jesus is telling us that we must be ready when he comes again, but that we cannot be exactly sure when that will be.

As we don’t know when he is coming, we must try to be ready all the time. Although we don’t have to stay awake all night, we can go to sleep!

Advent is a time when we especially think about getting ready to welcome Jesus, when we remember his birth at Christmas and when he comes again in glory.

In today’s gospel, Jesus asks us to look out and keep our eyes open for what is happening around us, so that we are ready when he comes.

What do you think Jesus wants us to see when we look around us?

Do we sometimes see people who need our help? People who are lonely? People who are sad? People who do not feel well?

What do you think Jesus would like us to do when we see people who are sad, lonely, poor or sick?

How will you make sure you are ready for Jesus when he comes again?



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Gospel Reflection

Some things wait for a big spring cleaning, but other things need to be kept clean on a regular chore schedule. This is one of the things that Jesus is talking to us about today. We shouldn't get lazy with our spiritual life and not praying regularly. If we do we may forget the words to our favourite prayer and we'll definitely not feel connected with God. We have to work on our Catholic Christian lives every day, not just when we need something from God or when all sudden, we need to pray for someone. Take time to pray every day. Take advantage of an opportunity to help someone else. Read some Bible stories. Share what you know about God and Jesus.

The other thing Jesus is talking to us about today is why we should be watchful or alert. These are things we do that we need to be alert and awake for; such as when we take a test, we want to stay focused on it as best we can. Or if we are in school play, we need to be alert for our cue to come on stage. These are times when we need to be really awake and alert. We cannot let our minds wander or be distracted by something or someone. But isn't that hard to do? When do you think you would sleep or rest your mind and body? What Jesus is saying here is that, yes, of course we need to sleep but when we are awake, stay awake! Don't miss opportunities to see the work of God in others or in creation. Be surprised and delighted by all God has placed in our lives, such as people we love and who love us, talents to share with one another, and everything we need to live lives centred on God. God always reaches out to us and blesses with more than we could ever imagine. Knowing that God is present in both our joys and sorrows gives us hope that God's saving power can be found clearly among his people.

In what practical ways can you stay awake and alert to God in your life? Imagine that Jesus came one day to your door step. How prepared would you be to welcome him in?

Reflective Activity 1:

Preparing for a special guest:

- Have you ever had to prepare for a house guest?
- What are some things that need to be done?
- When the guest leave, do we let our homes get untidy again or do we have regular chores to do to keep the house clean?



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Reflective Activity 2:

My Advent Promises

How can I be Hopeful



How can I be Peaceful



How can I be Joyful



How can I be Loving



Intercessions: You may want to ask the children to offer their own prayers or you can use the suggestions below. God asks us to be ready for when Jesus comes again. Together let us ask for God's help:

We pray for all people who are poor, sick, sad or frightened: that they may be comforted and find hope for a better future. Lord, in your mercy...

We pray for our families and friends: that we may always keep our eyes open to the world around us and reach out to all those who need our help. Lord, in your mercy....

We pray for our parish community: that we may follow the example of Jesus and be ready to welcome him when he comes. Lord, in your mercy...

Closing prayer: Living God, help us to listen to your word, to be kind and generous and helpful to others and to be ready to welcome Jesus when he comes. Amen.



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Activity suggestions:

Invite the children to look at the accompanying activity sheet and the picture on it. What can they spot happening in the picture? Encourage them to answer the questions and to think about how they could help some of the people in the picture. They could draw themselves into the picture helping someone or draw on the back what they would do to help. Encourage the children to do the other activities on the sheet either during the liturgy or later today.

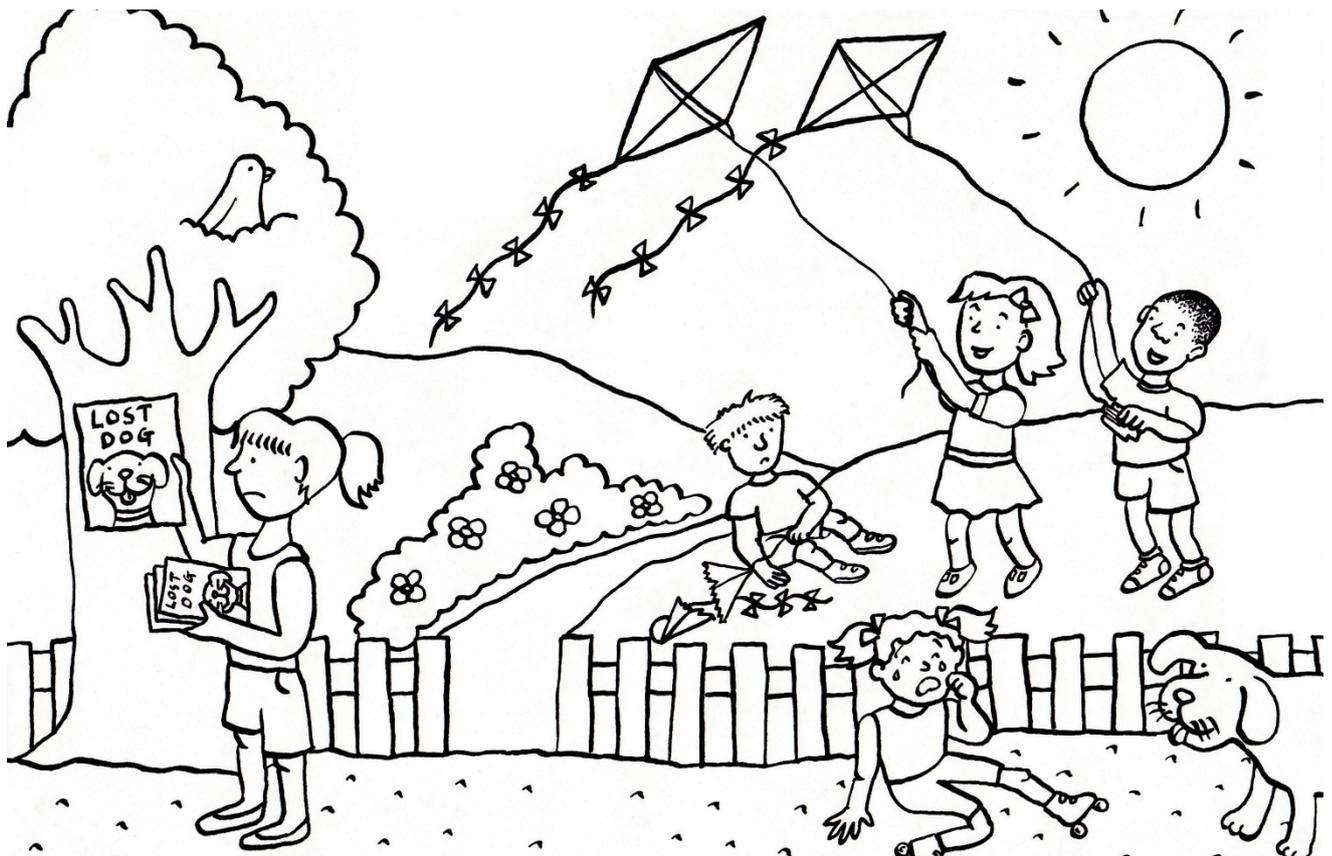
Give the children a piece of paper or card with the outline of a window frame on it. Invite them to imagine that they are looking out through the window at the world around them. What do they see? Can they draw someone who needs some help in one corner, and in another corner draw how they would help that person. In another corner, they could write a short prayer for all the people we see in the world who need our help.

Encourage the children to share all that they've heard and thought about today with the people at home. Remind them to keep their eyes open this week for people who need their help. Perhaps they could count how many times they see someone who needs their help and how many times they are helpful.

First Sunday of Advent (YearB)

Gospel: Mark 13:33-37

"Be on watch, be alert, for you do not know when the time will come"





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Look at the illustration. It is very busy with lots of things going on. Can you spot:

- The person who needs someone to be kind to them?
- The person who needs someone to share with them?
- The person who needs some help?
- Think about what you would do to help one of these people and draw yourself into the picture.

Advent wreath

Make your own Advent wreath as one way to remember that we are getting ready to welcome Jesus.

1. Cut a hole in the middle of a paper plate
2. Draw around your hands on green recycled paper and ask others to do the same
3. Stick the cut-out hands around the outside of the paper plate to make the leaves
4. Make four candles by rolling paper into tubes (3 purple and 1 pink)
5. Attach a paper flame to one candle on each Sunday of Advent

Ask the children if they know the meaning of advent wreath.

<p>The Meaning of the ADVENT WREATH</p>	<p>Symbol</p>	<p>Meaning</p>
	<p>Circle</p>	<p>Eternity of God</p>
	<p>Evergreen Wreath</p>	<p>Life, Immortality</p>
	<p>Candle</p>	<p>Jesus is the light of the world.</p>
	<p>4x Candles</p>	<p>Four weeks of Advent</p>
	<p>3x Purple</p>	<p>Purple = prayer, penance, & preparation</p>
	<p>1x Rose (Pink)</p>	<p>Rose = Rejoicing</p>



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At the start of the Church's year, we enter the wondrous season of Advent with an exhortation to 'stay awake'. We begin a time of preparation and anticipation as we look forward to welcoming the Christ Child into the world at Christmas. Christ calls each of us today to be awake to his presence in every moment, so that we may stand ready to greet him when he comes again in glory.

The Advent wreath is a symbol of the beginning of the Church year.

It is a circular evergreen wreath with five candles, four around the wreath and one in the centre.

The circle of the wreath reminds us of God Himself, His eternity and endless mercy, which has no beginning or end.

The green of the wreath speaks of the hope that we have in God, the hope of newness, of renewal, of eternal life.

Candles symbolize the light of God coming into the world through the birth of His son. It also reminds us that we are called to be a light to the world as we reflect the light of God's grace to others (Isa 42:6).

The four candles represent the four weeks of Advent, and one candle is lit each Sunday. Three of the candles are purple because the colour purple is a liturgical colour that signifies a time of prayer, penance, and sacrifice and one is *Rose* it is the liturgical colour for the Third Sunday of *Advent*, known as Gaudete Sunday from the Latin word *meaning* "rejoice ye".

Each Sunday of Advent one of the candles is lit, a Scripture is read, a short reading is given, and a prayer offered.



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Each candle on the Advent Wreath has a special name corresponding to a particular week of Advent.

- The **1st Sunday of Advent** symbolizes **Hope** with the "Prophet's Candle" reminding us that Jesus is coming. During the first week we light the *Prophet's Candle* as we focus on the virtue of *hope*. This week is a time to acknowledge that Jesus is coming. We should begin preparing our hearts to welcome Him at Christmas.
- The **2nd Sunday of Advent** symbolizes **Faith** with the "Bethlehem Candle" reminding us of Mary and Joseph's journey to Bethlehem. The second week of Advent is a time to practice the virtue of *faith* as we light the *Bethlehem Candle*. We should call to mind the journey of Joseph and Mary to Bethlehem. When they arrived there was no room at the inn – no room for Jesus. It is a time to continue drawing closer to Christ so that when He comes He may find a home in our hearts.
- The **3rd Sunday of Advent** symbolizes **Joy** with the "Shepherd's Candle" reminding us of the Joy the world experienced at the coming birth of Jesus. On Gaudete Sunday, the third Sunday of Advent, we celebrate *joy* and light the *Shepherd's Candle*. On Christmas night the Angels appeared to the shepherds and brought them, as the Bible says, "news of great
- The **4th Sunday of Advent** symbolizes **Peace** with the "Angel's Candle" reminding us of the message of the angels: "Peace on Earth, Good Will Toward Men." The final week of Advent is a time of *peace* as we light the *Angel's Candle*. We should be mindful of the Angels' announcement of, "Peace on earth, good will to men!"



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