

# How to enter into Advent

It can be easy to skip right past Advent in our eagerness for Christmas. Here are some ideas to make sure that doesn't happen and so we can truly appreciate this season.

## Be present

'Tis the season for giving, but often the best gift you can give is yourself. Make time to give back this Advent. Take a look at our 'Advent Give List' for some ideas!

## Prepare your heart

Advent is a perfect time for a 'heart check'. We can spend some time reflecting on the year gone and how we want to make room for Jesus in our lives.

## Pray

Set aside a time each day for prayer. You could create a prayer space in your house with a cross, candle and an image of the Nativity.

You could use an Advent devotional that will lead you through praying each day.

## Go to Mass

It is through the Mass that we really encounter Jesus. See if your parish is live streaming Mass, if not search for Shrewsbury Cathedral where you can watch all of their liturgies.

## Make an Advent wreath

You'll need a circle of greenery and 5 candles; 4 round the outside and one in the middle. Light a candle each Sunday of Advent and reflect on the themes of hope, love, joy and peace.

## Listen to music

Listen to \*Advent\* (not Christmas) music. We even have an Advent playlist on our YouTube channel!

## Set up a Nativity

The image of the Christmas crib is a powerful reminder of what is coming.

You could also read the story of Jesus' birth (Luke 2:1-22) and reflect on the journey of each of the characters.

Research the meaning of the Advent wreath and prayers that go with it. Why not look into other Advent traditions that your family could make their own?

