

# What is Advent?

A season of **hope**, preparation, EXPECTATION & celebration



The **ADVENT WREATH** is a popular symbol used as the focus of prayer throughout the season

Advent is made up of **four weeks**, divided into **two periods**:

**1** First Sunday of Advent until December 16

focus: Christ's second coming at the end of time

**2** December 17 to 24

focus: Preparation for celebrating the birth of Jesus Christ

The **first Sunday of Advent** marks the beginning of the liturgical year

Through prayer, spiritual reading, acts of charity, and participation in Eucharist, Advent helps us to expand the meaning of our lives, so that we are not ends in ourselves, but a people who seek Christ as our hopeful end and joyful fulfilment



Our prayer at Advent is one of hope and love:

*Come,  
Lord  
Jesus!*



**CANDLES** mark the steps in our Advent journey



**"Advent"** (Latin)  
MEANS  
**"a coming or arrival"**

Advent is **more** than the preparation for Christ's birth. It also celebrates the **three-fold coming of the Lord**:

- **Remembering** the events that surrounded the Lord's coming long ago
- **Celebrating** his coming among us today
- **Looking forward** to his final coming in glory



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