

ONEWITH

OneWith community, OneWith faith, OneWith Christ.

December 8, 2019

Reflection Break Outline Grades 10-11 ~ Session #6:



Session Goals

Mass Unpacked (Mass Moment):

Advent marks the beginning of the liturgical year (Roman Rite). The season of Advent derives from the Latin phrase "Adventus Domini", meaning arrival of the Lord. The season of Advent is a time of preparation that directs our hearts and minds to the miracle of God's incarnation – Jesus (Christmas). The Church also reflects on the mystery of Christ's second coming at the end of time.
[see full notes on pg. 6]

Mass Learning Goals:

- *Advent marks the beginning of the Catholic liturgical year and is 4 weeks long.*
- *Each week of Advent has a special focus.,,*
 - *Peace, Hope, Joy & Love*

Catholicism Unpacked

The season of Advent calls the people of God to pause and consider the world around us; to examine our actions and interior spiritual readiness in preparation to welcome "the arrival" of Christ.

Catechetical (Catholicism) Learning Goals:

- *Season of Advent focuses on spiritual reflection and preparation (anticipation) for Christmas.*
- *Reflect on the meaning of Advent in the modern world.*
- *Ask youth for a commitment to engage in at least one Advent practice prior to Christmas.*

Unpacking the Mass: Happy New Year!

Advent marks the beginning of the liturgical year (Roman Rite). The season of Advent derives from the Latin phrase "Adventus Domini", meaning arrival of the Lord. The season of Advent is a time of preparation that directs our hearts and minds to the miracle of God's incarnation – Jesus (Christmas). The Church also reflects on the mystery of Christ's second coming at the end of time.

Reflection Questions

The purpose of Advent is to help all of us prepare for Christmas – but not the way that Macy's does. American (consumer driven) culture loves to take shortcuts. We jump from Halloween to Christmas! Poor Thanksgiving... if it weren't for "Black Friday" would we even bother?

The season of Advent's focus is on presence not presents. It serves to remind us to pause and consider the world around us... to examine our actions and interior spiritual readiness to welcome "the Light of the World".

- *The season of Advent focuses on spiritual reflection and preparation (anticipation) for Christmas
 - *What is the value in this preparation – why not skip it and just celebrate Christmas?**
- *The season of Advent is four weeks long and has a different theological focus each week. Brainstorm several ways that we can practice each Advent theme at home and in the community.*
 - *Week 1: Peace*
 - *Week 2: Hope*
 - *Week 3: Joy*
 - *Week 4: Love*

(Send me your list, I would like to post a few to our website/facebook page).
- *As a group, brainstorm reasons why we should pay attention to "Advent" in today's world.*
 - *Send me your list, I would like to post a few to our website/facebook page.*
- *Ask the youth to make a commitment to practice a specific act of Christian peace, hope, joy and love each week of Advent.*

Coordinators Notes:

These two sections (Discipleship Challenge & Presentation & Prayer) can be done in any order you like. Some group leaders find that collecting the prayer intentions makes for a nice icebreaker at the beginning of the Reflection Break. I also know of at least one group that write their Discipleship Challenge on the note cards during check-in time at the very beginning of the session. I have placed them in this order as it roughly follows the Order of the Mass, but the only thing that really matters is that it happens.

Discipleship Challenge (2-3 minutes)

*With your group brainstorm some concrete ideas for the following question. Ask each member of the group to write down one of the brainstorm ideas (or one of their own) on an index card, post-it note, or **on their phone** – somewhere that they will be able to see and be reminded of the challenge to connect and act.*

- *What is one thing you can commit to doing this week to learn more about your faith?*
- *What is one thing you can do to be an example of Christ's presence to others?*

Presentation & Prayer (5-8 minutes)

Both of these are part of the Mass experience so make sure to leave time for them. They also provide a prayerful tone as you transition back for Mass.

Presentation of Gifts: Ask each teen to fill out a note card describing a contribution that they have made to the community since the last time the group has met. *Ideally it will be a response to the challenge given by the priest during the closing prayer at the previous session, but this "gift" can be pretty much anything! A good deed, a monetary contribution to a worthy cause (almsgiving), talking to a friend about God, Jesus or the Church are all examples of the gifts we bring with us to Mass. Youth will offer these gifts (drop card into the basket) along with their tithe or donation during the Presentation of the Gifts portion of the liturgy. Then watch what God can do with our ordinary gifts!*

After everyone has filled out their cards, choose one person to represent your group and bring all of the cards with them to the Worship Space. That representative will be part of the procession for the Presentation of the Gifts. Meet at the statue of Jesus & Joseph in the Gathering Space for detailed instructions. Choose a new representative each week.

Intercessory Prayer: Pray for your needs and the needs of the world. Collect prayer requests from your Discipleship Group and add them to the universal intentions. *Ask a volunteer to read the intentions aloud; and ask everyone to respond with "Lord, hear our prayer" (following each intention).*

Ask a volunteer to read the intentions aloud; ask everyone else to respond by saying "Lord, hear our prayer" (following each intention).

Leader: Our prayer response is "Lord hear our prayer"

For the Church, that we may always strive to live Jesus'
Commandment to love and serve our neighbor
For wise and just elected officials: may they serve with
Integrity for the common good.
For victims of systematic injustice ...
For profound peace in our world, nation and community
For our sister parish, St. Catherine's in Bouzy, Haiti...
For those who have died...
For [Read your group's intentions here...]
For the prayers we hold in silence, (pause) ...

We pray: "Lord hear our prayer"

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Session Goals/Resources

Addendum: Session Goals/Resources

Mass Unpacked:

The Mass focus for this session will be on the season of Advent.

- Particularly notice the changes in the liturgical environment (colors, decorations, etc).

Catholicism Unpacked:

Advent Unpacked:

Advent comes from the Latin word meaning "coming." Advent celebrated as time of reflection and anticipation for the arrival Immanuel (God with us).

Advent has a twofold character:

- It is a season to prepare for Christmas when Christ's first coming to us is remembered;
- It is a season when that remembrance directs the mind and heart to await Christ's Second Coming at the end of time.

Catechetical Outcomes:

Sunday Readings: <http://usccb.org/bible/readings/120819.cfm>

Optional Advent Video Resources:

The Bible Project: (<https://thebibleproject.com/explore/the-advent-series/>)

- "Shalom/Peace" - <https://thebibleproject.com/videos/shalom-peace/>
- "Yakhal/Hope" - <https://thebibleproject.com/videos/yakhal-hope/>
- "Chara/Joy" - <https://thebibleproject.com/videos/chara-joy/>
- "Agape/Love" - <https://thebibleproject.com/videos/agape-love/>

"Seek": <https://www.youtube.com/watch?v=Tb9YVx26ljg>

Music Videos...

Better Than A Hallelujah - Amy Grant (*Sarah Hart song*):

<https://www.youtube.com/watch?v=Rm5kx3xqmg0&index=10&list=RDular4xtYzdo>

Breath of Heaven - Amy Grant:

https://www.youtube.com/watch?v=ular4xtYzdo&start_radio=1&list=RDular4xtYzdo&t=

Mary, Did You Know? – Pentatonix:

<https://www.youtube.com/watch?v=ifCWN5pJGIE&list=RDular4xtYzdo&index=5>

O Come, O Come Emmanuel: Sovereign Grace:

https://www.youtube.com/watch?v=2JpvW9FU_Rg&list=RDular4xtYzdo&index=20

Looking for more resources on Advent?

- <http://www.usccb.org/prayer-and-worship/liturgical-year/advent/> (US Bishops site)
- <https://www.catholic.org/advent/advent.php?id=28> (Advent traditions from around the world)

The Nicene Creed

*I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.*

*I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.*

*For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.*

*I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.*

*I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.*

Mass Moment:

Advent is a genius concept for the Post-Modern Christian. We are bombarded by advertisers telling us what we want/NEED, our schedules are piled with holiday gatherings and events – on top of our already packed schedule, and the pressure builds with the countdown till Christmas (only 15 shopping days left!).

Advent invites us to pause...

The word 'Advent' is from Latin, meaning 'the arrival,' or 'coming toward.' For Christian believers, Christmas represents one of the greatest events in the history of the world; the greatest gift ever given by God to mankind - Jesus.

*As a liturgical season, Advent uses many signs and symbols to help us focus on what is important...
We light candles*

So let's remember to pause... to consider the unfathomable mystery of God becoming human, all because of his love for us!

*May the peace of Christ seep into the marrow of your life this Advent and Christmas.
~ Barry*

Simple Advent Prayer

Be with us, Lord, as we enter this season of Advent.
We thank you for the many blessings in our lives
and with anticipation, preparation and hope
we look forward to the arrival of your Son, Jesus, the light of the world.
Amen.