

Advent and christmas

Praying before the Eucharist: Advent and Christmas

**The Joyful Mysteries**

Rosary

The examples of worship in this booklet include the first three Joyful Mysteries as they link perfectly to the theme of Advent and Christmas. The Rosary is not an essential part of Adoration but it is an option as it centres on the life of Christ. Pupils may also feel more comfortable with this type of prayer if it is one they are used to. The most important note to remember is that it should be meaningful and help lead pupils into a deeper relationship with Christ.

The Joyful Mysteries

*The Annunciation
The Visitation
The Nativity
The Presentation
The Visit of the Wise Men*

Each mystery consists of:

* 1 x Our Father
* 10 x Hail Marys
* 1 x Glory Be

NOTES: During Adoration there could be:

* A decade of the Rosary
* Some traditional prayers (eg Our Father, Hail Mary and Glory Be…)
* Spontaneous prayers
* Prayers written by children
* SILENCE

**The choice will depend on the age/ability of the pupils as well as time.**

The examples of worship provided here follow a simple structure but the content can be amended as appropriate (eg pupils could write their own prayers, the whole piece of scripture could be used, different songs could be chosen by pupils).

Some ideas to develop the Home/School/Parish link are included at the end.

**The Annunciation**

***Welcome to our Adoration***

**Exposition**(Jesus is taken out of the Tabernacle and placed in the Monstrance)

**Gather:** Kneel and make the sign of the cross

**Sing:** *The Angel Gabriel from Heaven Came…*

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of Luke

Listen:***During Elizabeth’s sixth month of pregnancy, God sent the angel Gabriel to a virgin who lived in Nazareth, a town in Galilee. Her name was Mary. The angel came to her and said, “Greetings! The Lord has blessed you and is with you.”

The angel said to her, “Don’t be afraid, Mary, because God is pleased with you. Listen! You will become pregnant. You will give birth to a son, and you will name him Jesus. He will be great, and people will call him the Son of the Most High.

Mary said, “I am the servant girl of the Lord. Let this happen to me as you say!” Then the angel went away.

***Having listened to God speaking to us, think how we might respond.***

***Respond:***By the power of the Holy Spirit, Mary carried the baby Jesus in her womb. She was the very first tabernacle. Mary obeyed God and brought Jesus into the world. How can you bring Jesus’ love to others?

**Silent reflection:***(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)*

**Litany:**

RESPONSE: **Holy Mary, pray for us**

(1) For all of our mothers and grandmothers

(2) For parents who are expecting babies
(3) For the babies who are not yet born
(4) For those who have chosen to adopt or foster children

(5) For our fathers and grandfathers
(6) For those who have been given difficult jobs to do for God

(7) For those who are struggling with their faith in God

(8) For all those who are worried or afraid

**Traditional prayer:**

Joyful mystery (decade) OR

One Our Father, Hail Mary and Glory Be

**Benediction**

(As the priest blesses everyone present, all bow their heads respectfully)

**Reposition***(Jesus is placed back in the Tabernacle)*

 **Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***Now our Adoration is ended***

***“Go forth… energised by the life and love of Jesus, say yes to God’s call to bring Jesus to the poor and needy.”***

**The Visitation**

***Welcome to our Adoration***

**Exposition**(Jesus is taken out of the Tabernacle and placed in the Monstrance)

**Gather:** Kneel and make the sign of the cross

**Sing:** *We greet you, Hail Mary, full of grace, because the Lord is with you…*

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of Luke

Listen:***At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah’s home and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: “Blessed are you among women, and blessed is the child you will bear! But why am I so favoured, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that the Lord would fulfil his promises to her!”

***Having listened to God speaking to us, think how we might respond.***

***Respond:***As soon as the baby in Elizabeth’s womb recognised Jesus, he jumped for joy. How can you recognise Jesus? How do you respond in his presence?

**Silent reflection:***(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)*

**Litany:**

RESPONSE: **Holy Mary, pray for us**

(1) That we will put others’ needs before our own

(2) That we will help the sick and elderly
(3) That we will be faithful to God in prayer
(4) That we will recognise Jesus and his good news

(5) That we will be a good example to others
(6) That we will be joyful in God’s presence

(7) That we will put our faith into action

(8) That we will never give up believing in God

**Traditional prayer:**

Joyful mystery (decade) OR

One Our Father, Hail Mary and Glory Be

**Benediction**

(As the priest blesses everyone present, all bow their heads respectfully)

**Reposition***(Jesus is placed back in the Tabernacle)*

 **Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***Now our Adoration is ended***

***“Go forth… energised by the life and love of Jesus, put others’ needs before your own, especially those who are sick, sad or lonely.”***

**The Nativity**

***Welcome to our Adoration***

**Exposition**(Jesus is taken out of the Tabernacle and placed in the Monstrance)

**Gather:** Kneel and make the sign of the cross

**Sing:** *Away in a Manger…*

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of Luke

Listen:***While Joseph and Mary were in Bethlehem, the time came for her to have the baby. She gave birth to her first son. There were no rooms left in the inn. So she wrapped the baby with cloths and laid him in a box where animals are fed. That night, some shepherds were in the fields nearby watching their sheep. An angel of the Lord stood before them. The glory of the Lord was shining around them, and suddenly they became very frightened. The angel said to them, “Don’t be afraid, because I am bringing you some good news. It will be a joy to all the people. Today your Saviour was born in David’s town. He is Christ, the Lord. This is how you will know him: You will find a baby wrapped in cloths and lying in a feeding box.”

***Having listened to God speaking to us, think how we might respond.***

***Respond:***God came to earth as a tiny baby and his crib was a feeding box for animals. This shows that God is humble and gentle. How can you be humble for the sake of others?

**Silent reflection:***(Kneel silently before the Blessed Sacrament, speaking to Jesus in the silence of your heart)*

**Litany:**

RESPONSE: **All the angels pray for us**

(1) For all new-born babies

(2) For shepherds and all those who look after animals
(3) For the poor in our society
(4) For those who are outcasts or who feel alone

(5) For those who are sad and are waiting on good news

(6) For those who are finding life difficult and are in need of hope

(7) For those who don’t feel wanted or loved

(8) For gentleness and humility of heart

**Traditional prayer:**

Joyful mystery (decade) OR

One Our Father, Hail Mary and Glory Be

**Benediction**

(As the priest blesses everyone present, all bow their heads respectfully)

**Reposition***(Jesus is placed back in the Tabernacle)*

 **Acclamation:** *O Sacrament Most Holy, O Sacrament Divine*

*All praise and all thanksgiving be every moment thine.*

***Now our Adoration is ended***

***“Go forth… energised by the life and love of Jesus, bring the good news of God’s love to those who feel sad or unwanted.”***

**Home/School/Parish**

**Gifts for Jesus**

At Christmas time God’s greatest gift, his son Jesus, came to earth. He gave us his body in the form of Holy Communion so that he could be with us in a special way today. This is a real treasure for Christians.

Each time you visit Jesus in a church, draw a gift. It is a sign that you are offering yourself as a gift to Jesus and that you are remembering that Jesus is the greatest treasure on earth.

**Treasure Hunt**

Look around your church. How many of these can you see? Write the number in the space beside it. Put a star next to the one you think is most important.

Christmas tree \_\_\_\_\_

Advent wreath \_\_\_\_\_

Stars \_\_\_\_\_

Nativity scene \_\_\_\_\_

Baby Jesus \_\_\_\_\_

Candy canes \_\_\_\_\_

Santa \_\_\_\_\_

Angels \_\_\_\_\_

Christingles \_\_\_\_\_

Jesse tree \_\_\_\_\_

Purple items \_\_\_\_\_

Evergreen \_\_\_\_\_

Wise men \_\_\_\_\_

**Our church at Christmas**

Find out about the Nativity scene and Advent wreath in your church as each one is different. Ask your priest about what they are made of, why they are special and their history and traditions in your church.

Draw the Nativity scene in your church.

Draw the Advent wreath in your church.

**Happy birthday, Jesus!**

***What can I give him, poor as I am
If I were a shepherd, I would bring a lamb;
If I were a wise man, I would do my part.
Yet, what can I give him?
Give my heart.***

Look at the words from famous Christmas song/poem above (by Christina Rossetti). How could you give Jesus your heart this Christmastime? (think of your time, energy, thoughts, prayers, deeds).

Draw/write below.

Write a prayer for your family/parish this Christmastime.