



AT HOME ADVENT RETREAT

THEME:

Pause the Busy, Pray the Better

Every end of November, Advent comes into the busiest of time in our secular year, “the holiday season,” when most of us feel like we’re sprinting just to get to New Years (Jan 1). And yet, Advent is our Church New Years! It’s a time when we Catholics are invited to stop running around and, as Jesus put it “Watch!” In the sense of ‘watch out!’ or ‘wake up!’ Advent challenges us to take stock, to prepare for the coming of Jesus (both into our lives at Christmas and at the end of time when we will be judged). Talk about counter-cultural! Jesus likes to turn things upside down.

So in this busiest time of the secular year, let’s all hit the Pause Button on the busy for just 20-40 minutes each week, gather together as a family, listen to the Word of God, pray quietly together, and then have some important conversations.

FORMAT:

four separate sessions, one for each week of Advent
each session should take between 20 - 40 minutes

for each session:

- A Gospel Reading
 - found online at bible.usccb.org
 - Read whatever is Gospel for that day to allow Holy Spirit to work
- A Meditation
 - an online prayer provided daily
 - pray whatever is for that day to allow Holy Spirit to work
- A Discussion
 - Spend at least 10 minutes talking as a family
 - Use the questions provided OR discuss the Gospel/prayer experiences
- A Turn In
 - Visit www.standrewrcc.org/f3homesessions and click the December link next to your Crew
 - Submit each section as you go
 - Four different Turn Ins complete the retreat

SCHEDULE:

You decide!

But don’t cram them all into one day. That will be far less prayerful and enjoyable!

Look at your family calendar right now and decide what day and time you will do each Session.

Write that plan (the dates and times) on the blanks on the next page.

FIRST WEEK (do by Saturday, Dec 5) We will do Retreat Session 1 _____.

Gospel: visit bible.usccb.org, click today's date, scroll down to the read the Gospel together, discuss

Meditation: Loyola Press 3 Minute Retreats

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/>

Discussion: **Priorities**

What do you think is most important to us as a family?

Do we say that something is a priority for our family but then don't act like it?

How can we live more in line with what we say is most important to us?

SECOND WEEK (do by Saturday, Dec 12) We will do Retreat Session 2 _____.

Gospel: visit bible.usccb.org, click today's date, scroll down to the read the Gospel together, discuss

Meditation: Daily Disconnect

<http://www.carmelites.net/tag/daily-disconnect-podcast/>

Discussion: **Habits**

What do we do most often together as a family? (Make a list! Compare it with last week's discussion.)

Do we like our list? Why or why not?

What could we add or subtract from our list to make our family happier?

THIRD WEEK (do by Saturday, Dec 19) We will do Retreat Session 3 _____.

Gospel: visit bible.usccb.org, click today's date, scroll down to the read the Gospel together, discuss

Meditation: Daily Disconnect

<http://www.carmelites.net/tag/daily-disconnect-podcast/>

Discussion: **Fun**

What do we do together that we all enjoy and have a good time? (Make a list.)

Are we happy with our list? Why or why not?

What could we add or subtract from our list to make our family happier?

FOURTH WEEK (do by Wed, Dec 23) We will do Retreat Session 4 _____.

Gospel: visit bible.usccb.org, click today's date, scroll down to the read the Gospel together, discuss

Meditation: Loyola Press 3 Minute Retreats

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/>

Discussion: **Faith**

How do we practice our faith? What does it mean to practice faith?

What could we do more or better?

Do we need to talk about why we do faith stuff? If so, do so. If not, share why it's important.