

We start each Sacred Time with the sign of the cross.

Sign of the cross: In the name of the Father,
and of the Son and of the Holy Spirit. Amen.



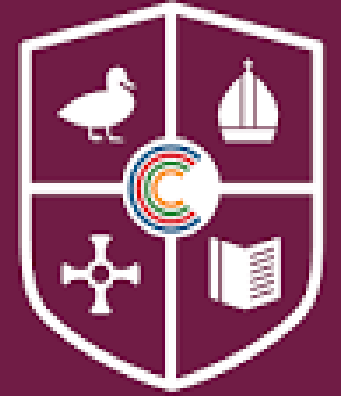
- This prayer is calling to mind God - who is the Father, Son and Spirit.
- We reminding ourselves to remember God in our **thoughts**, in our **hearts** and in the **work** we do.
- The actions make a cross to remind us about Jesus.
- The sign of the cross marks that this is a special time.

Let us make the sign of the cross together.

Autumn Term 2- Week 7

Season: Advent week 2

Liturgical Colour: purple



Sacred Time Theme:

Advent: Joy



Day 1

An Advent wreath helps us to count down the 4 Sundays to Christmas. A candle is lit every Sunday at church. There is a white candle in the center that is lit on Christmas day.

The candles and the wreath are very symbolic.



This week's candle on the Advent wreath is for **joy**.



True joy is not fleeting happiness, is not the excitement of opening a present and it's the phone / mascara / game / book you wanted.

It is the joy that Jesus bring - the joy of knowing you are loved, safe and saved.

This week's candle is also sometimes called the 'shepherd's candle'.

The shepherds experienced joy as they rushed down to Bethlehem. How amazed they must have felt - visited by angels, and invited to go and see the new born baby.



As we rush towards Christmas let's take time to remember that true joy is found in Jesus. Let's remember those shepherds, and the excitement, anticipation and joy they must have felt.

Let us pray...

Lord of joy,

Like the shepherds of Bethlehem help us to run with haste and joy to meet you, to tell the whole world of your presence.

Help us to cherish the hope that is born at Advent, and through our actions to be messengers of your love, peace, hope and joy.

Amen.



Day 2

On Sunday Churches will light the 4th Advent candle - the candle that symbolises love.

Love runs through the whole of the Christmas story.



In the Gospels we read that 'God so loved the world that he sent his only son so that all who believe in him will not die but have everlasting life'

How can you show God's love to others this Christmas time?

be grateful and say thankyou for what you do have

check in with your friend who you know is feeling low

Give up some of your own time to chat to your Grandma, your elderly neighbour - someone who will be thrilled to chat to a young person!

help at home



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Say a prayer for someone



Make a promise to show God's love this Christmas

As you do this you might want to listen to the words of the song... 'wherever you find love it feels like Christmas'

[Muppet Songs: Ghost of Christmas Present - It Feels Like Christmas \(youtube.com\)](https://www.youtube.com/watch?v=...)

For some people Christmas is a difficult time; this morning we will ask God to be with them.

Dear God

We pray for people in our community who will find Christmas time difficult this year.

People experiencing bereavement, loneliness, divorce, unemployment, loved ones deployed overseas, illness - please help them feel your love, and help us to show them your love through our words and actions.

We ask this in Jesus' name

Amen



Day 3

John's Gospel tells us;

'The light shines in the darkness, and the darkness has not overcome it.

The true light that gives light to everyone was coming into the world'

For Christians Jesus is the light of the world. He brings light to darkness, and his light is stronger and more powerful than any darkness.



This morning we are going to have a go at 'lectio divina'.

This is a traditional way of praying. It means 'divine reading' (divine means to do with God).

Your form tutor will read a passage from the Bible.

As you listen to the piece of scripture you can think about;

- Is there a particular phrase or word that stands out to me?
- What thoughts or memories are coming in to my head as I listen?
- How is this piece of scripture making me feel?

'The light shines in the darkness, and the darkness has not overcome it.'

The true light that gives light to everyone was coming into the world'



Lectio Divina 'Divine Reading'



⁵ The light shines in the darkness, and the darkness has not overcome it.

⁶ There was a man sent from God whose name was John. ⁷ He came as a witness to testify concerning that light, so that through him all might believe. ⁸ He himself was not the light; he came only as a witness to the light.

⁹ The true light that gives light to everyone was coming into the world. ¹⁰ He was in the world, and though the world was made through him, the world did not recognize him.



John 1: 5-10

Listen as your teacher reads the piece of scripture to you.

- Is there a particular word or phrase that stands out for you?
- What thoughts or memories come into your head as you listen to this piece of scripture?
- How do you feel?

Spend a few minutes in silence, thinking about the piece of scripture

If you want to, you can doodle, write or draw as you listen and quietly reflect. You might want to think about the questions in the bubbles.

Have you ever felt 'in the dark'?
Is there darkness in your life
that you find it difficult to
overcome?

Are you a witness to
Jesus? - do you show
people what Jesus is
through your actions and
words?

Have you ever
felt
unrecognised?

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Day 4

On Christmas Day the central candle of the Advent wreath will be lit.

This symbolises that Jesus the light of the world has come



The world waits for a miracle
The heart longs for a little bit of hope
Oh come, oh come, Emmanuel

A child prays for peace on Earth
And she's calling out from a sea of hurt
Oh come, oh come, Emmanuel

And can you hear the angels singing

Glory to the light of the world
Glory, the light of the world is here

The drought breaks with the tears of a mother
A baby's cry is the sound of love
Come down, come down, Emmanuel

He is the song for the suffering
He is Messiah, the Prince of Peace has come
He has come, Emmanuel

Glory to the light of the world

For all who wait
For all who hunger
For all who've prayed
For all who wonder
Behold your King
Behold Messiah
Emmanuel, Emmanuel

[Lauren Daigle - Light Of The World \(Lyric Video\) \(youtube.com\)](#)

- As you listen to the lyrics of the song reflect quietly on how you can let the light of Christ, that is in you, shine out.
- How will you bring light to the darkness?
- Colour in your 4 Cs of St Cuthbert's sheet



LIGHT OF THE WORLD

[Light of the World - \[Lyric Video\] Lauren Daigle \(youtube.com\)](#)



Happy Christmas

As we head off today for the Christmas holidays
- remember that you are loved. God loves you
endlessly. You are perfect and precious to God.
At St Cuthbert's we work to build a community
of hope, peace, joy and love. Each of you is a
precious part of that community.

Pope Francis encourages us to -

'Gather in prayer and, with the same wonder as the shepherds, look at the Child Jesus, who came into the world to bring God's love, who makes all things new.'

Let's 'Gather in prayer and, with the same wonder as the shepherds, look at the Child Jesus, who came into the world to bring God's love, who makes all things new.'

Lord, be with everyone in the St Cuthbert's community this Christmas time.

Help us to know your love.

Give us strength to let your light that is in all of us shine out, so that we can build a community of hope, peace, joy and love.

Amen

Have a lovely Christmas - be safe, and we can't wait to see you back in school in January!