

**Observing the season of Advent prepares our hearts with a spirit of waiting, conversion, and hope.**

Since our children live in culture of instant gratification and are over stimulated by electronics, they have little opportunity to quiet themselves and just be still. Aspire to provide time for your children to be still in this very busy and hectic time in the presence of God and His love. Teach your children to be spiritual givers through prayer and acts of kindness.

Check out lessons 5 & 6. We aim to help you, help your children anticipate the birth of Jesus. Try decorating sporadically throughout the Advent Season ending with Christmas Eve. Participate in Advent traditions to help your children to understand and make meaning of the “reason for the season,” and to prepare their hearts for the coming of our Lord and Savior, Jesus Christ.

[Mini Retreat](#) ( eleven six minute reflections)

*Love came down from Heaven*

[Be Born in Me: Mary](#)

*A moment for reflection*

*A meditation on the “Annunciation”*

Yet you do not blink.  
In the intimacy of a bedchamber  
Your soul is awakened from sleep,  
Fragile flesh before Angelic brilliance.  
Your rumpled night sheets tossed aside,  
You listen in peace with your whole self  
To the question that will define History.  
Holding its breath for your answer,  
All Heavens pauses,  
“LET IT BE DONE TO ME.....”  
Here it begins.  
In such utter simplicity,  
In quiet strength, at the appointed hour,  
With the rippled rungs of time at your feet,  
And the broad lines of history at your back.  
At the balance of His grace is your will,  
Eve reborn, humanity to be redeemed  
Through a child, from a virgin  
Whose name is Mary.