

Advent and Christmas time

Activity #2

Weekly preparation during Advent

- Yes, Christmas is a big day that you prepare for well in advance. But you must know why! Christmas is a great celebration because we celebrate the birth of Jesus our Savior. Sadly, many people no longer know this and celebrate Christmas without thinking for a single moment of the sweet Infant Jesus.
- *This is why we **prepare our hearts** during the time of Advent: we must be ready to welcome the Savior.*
- *This is why our **joy** is very great on Christmas Day: we are no longer alone, now Jesus is **with us**.*

For Jesus to be at the center of this celebration, let us prepare our hearts each day of Advent by waiting for this day. Let us wait Christmas for Jesus, for nothing else but Him! To help us, we will follow in the footsteps of Sister Marie-Catherine de Saint-Augustin. Each week, we will learn to wait with her in an example taken from her life and a path of effort with a short prayer to sanctify the wait for Jesus and Christmas.

This activity permits you to:



Bounce back on an axis of effort.



Contemplate the mystery of Christmas and embark on these avenues of reflection.



Ask for special graces.

The most beautiful gift, the one we all receive, is the Nativity. To welcome this treasure, **I open** my heart to Jesus during Advent. I leave aside material worries to make my heart **available**. I tell Jesus that **I am waiting for** his coming on earth and his graces.

Jesus offers his gifts only to those who bother for Him. Am I ready to give myself trouble for Jesus? The shepherds and the Magi did it: they abandoned their activities, they made a long journey, they hurried to welcome the Child Jesus in the manger. Herod or the people of Bethlehem cannot receive the King's gifts or taste the joy of Christmas because they have closed their doors to Jesus. During Advent, I ask Jesus for the grace to wait for Him with a strong desire and to open wide the door of my heart to Him so that He can come and dwell there.

You will also find the lyrics and links of the songs that are proposed in each week's reflections.

Coloring page

On the last page, on the drawing are five candles that represent the four weeks of Advent as well as the one in the center, representing Jesus who was born, and who is the Light of the world. Every Sunday in Advent, you can colour in a new candle. We can also see the Virgin

Mary holding in her arms the Child Jesus who appeared on Christmas Eve to Sister Marie-Catherine, who has her hands in prayer clasped in front of the wonder she sees.



First week of Advent

Sister Marie-Catherine sometimes had difficulty praying, but made sure to always do so, with fidelity to Jesus. **Listen carefully to what she says. "It seems to me, however, that I overcame myself, and that I forgot nothing of what I had to do, having a certain desire to testify to Our Lord by this little fidelity, to be prepared for the Feast of Christmas."** ¹



Sister Marie-Catherine de Saint-Augustin gives us an example of **faithful awaiting**... She shows us that even when the days are not always easy or when she doesn't feel like it, she says her prayers because she loves Jesus.

During this first week of Advent, we will say every day in front of the Nativity scene: **"Jesus, I can't wait to welcome you into the Manger, you count more than anything."**

- On the drawing, color the first candle which is purple and represents hope!
- I try to pray every day, an *Our Father* or another prayer before I go to sleep or when I get up.
- I can listen to the Christmas carol [O Come, All Ye Faithful](#) in front of the Nativity scene.



Second week of Advent

On Christmas Eve in 1662, Sister Marie-Catherine asked in her prayer: **"May I possess the Divine newborn Child for a little while. (...) My request seemed to be agreed. From that time, I remained in a great desire to see this Divine Child, and I did not cease to invite Him and His most holy Mother to come without delay."**

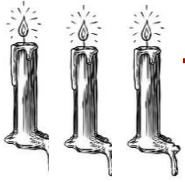


Sister Marie-Catherine de Saint-Augustin gives us an example of **ardent awaiting**. The feast of Christmas is great; it is God who gives us his Son, so she is very excited in her heart and like the shepherds, would love to see this Divine Child so much!

During this second week of Advent, we will say every day in front of the Nativity Scene: **"Jesus, how I would like to see You, You are the most beautiful of gifts."**

- On the drawing, color the second candle which is purple and represents peace!
- I can also listen to or sing the song [While shepherds watched their flocks by Night](#) in front of the Manger.

¹ All quotes from Marie-Catherine taken from the book of Paul Ragueneau, *La Vie de la Mère Catherine de Saint-Augustin*. (1671)



Third week of Advent

On Christmas Eve 1662, Sister Marie-Catherine de Saint-Augustin received a beautiful gift from Heaven, her prayers were answered: **the Blessed Virgin appeared to her visibly, carrying this newborn Divine Child in her arms.** However, Sister Marie-Catherine did not dare to approach the Infant Jesus.

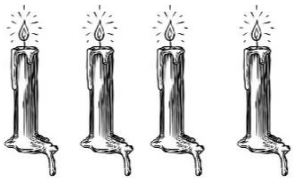
Listen carefully to what is happening. “The Blessed Virgin allowed me to kiss His arms and hands; and seeing that I was afraid was approaching with fear out of respect, she placed Him in my arms and commanded me to kiss Baby Jesus; and when she gave it to me, she invited me to ask something to Jesus. I excused myself, begging Mary to ask it for me.”

☁ Sister Marie-Catherine gives us an example of **humble awaiting**. She knows that the Little Infant Jesus is the King of Kings, the Son of God, and she also knows that she is not perfect, like all of us. She feels unworthy to approach him, but she also knows that Jesus was born to come and save us.

During this third week of Advent, we will say every day in front of the manger:

"Jesus, in spite of my faults, I look forward to welcoming You into the Manger."

- On the drawing, color the third candle which is pink and represents joy!
- I listen to or sing the song *What Child is this?* in front of the Manger.



Fourth week of Advent

In a dream, the Blessed Virgin places the Child Jesus in the arms of Sister Marie-Catherine.

Listen carefully to what she does next. “At the same time, as I stretched out my arms to the Infant Jesus, the Blessed Virgin gave Him to me: if you knew the joys and feelings of tenderness and love that my heart felt at that moment! (...) After kissing him, caressing him, seeing that he was well warmed (...) I took (a little robe) and dressed the little Jesus with it. (...) I began again to kiss Him, to press Him lovingly on my heart; and so, did the sweet Infant Jesus, putting His hand on my neck.”

☁ Sister Marie-Catherine de Saint-Augustin gives us the example of a **loving awaiting**. How she loves this sweet Child Jesus, with all her heart, she loves her amiable little King! What would I do if it were me who was given the Child Jesus in my arms?

During this last week of Advent, we will say in front of the Nativity Scene: **“Jesus, I want so much to adore You in the Manger, the essential is You.”**

- On the drawing, color the fourth candle which is purple and represents love!
- I sing or I listen to the song *Away in a Manger* in front of the manger.

O Come, All Ye Faithful:

<https://youtu.be/BldRKXtn6MQ?si=bXUS0nXh>

[OEmOqbQ4](https://youtu.be/BldRKXtn6MQ?si=bXUS0nXh)

1. O come, all ye faithful
Joyful and triumphant
O come ye, O come ye to Bethlehem
Come and behold Him
Born the King of angels
2. **O come let us adore Him**
O come let us adore Him
O come let us adore Him
Christ the Lord
3. Sing, choirs of angels Sing in exultation
Sing, all ye citizens of heaven above
Glory to God, glory in the highest
4. **O come let us adore Him**
O come let us adore Him
O come let us adore Him
Christ the Lord
5. Yea, Lord, we greet Thee Born this happy
morning
Jesus, to Thee be all glory given
Word of the Father, now in flesh
appearing
6. **O come let us adore Him**
O come let us adore Him
O come let us adore Him
Christ the Lord
7. **O come let us adore Him**
O come let us adore Him
O come let us adore
Him
Christ the Lord
8. O come let us adore Him
Christ the Lord
O come let us adore Him
Christ the Lord

While Shepherds Watched Their Flocks By Night:

<https://youtu.be/eSyUvOUZwxQ?si=uAcKMxGnbkCbwc9b>

1. While shepherds watched their
flocks by night
All seated on the ground
The angel of the Lord came down
And glory shone around
2. 'Fear not,' he said, for mighty
dread
Had seized their troubled minds
Glad tidings of great joy I bring
To you and all mankind
3. To you in David's town, this day
Is born of David's line
The Saviour who is Christ the
Lord
And this shall be the sign
4. The heavenly Babe you there
shall find
To human view displayed
And meanly wrapped in
swaddling bands
And in a manger laid
5. Thus spake the seraph, and
forthwith
Appeared a shining throng
Of angels praising God, who thus
Addressed their joyful song
6. All glory be to God on high
And to the earth be peace
Goodwill henceforth from
heaven to men
Begin and never cease!



What Child is this?:

https://youtu.be/vY90vm5oW_Y?si=iBwGTV_A02cWdCRP

1. What Child is this, who, laid to rest,
On Mary's lap is sleeping?
Whom angels greet with voices sweet,
While shepherds watch are keeping?
2. **This, this is Christ, the King,**

Whom shepherds guard and angels
sing:
Haste, haste to bring Him laud,
The Babe, the Son of Mary.
3. So bring Him incense, gold, and myrrh,
Come, peasant, king to own Him.
The King of Kings salvation brings.
Let loving hearts enthrone Him.
4. **Raise, raise a song on high,**
The virgin sings her lullaby.
Joy, joy, for Christ is born,
The Babe, the Son of Mary.
5. What Child is this, who, laid to rest On
Mary's lap, is sleeping? ...



Away in a Manger:

https://youtu.be/AnwO_0DrpCk?si=chctZD-c-OR0s0hQ

1. Away in a manger
No crib for a bed
The little Lord Jesus
Laid down His sweet head
2. The stars in the bright sky
Looked down where He lay
The little Lord Jesus
Asleep on the hay
3. The cattle are lowing
The Baby awakes
But little Lord Jesus
No crying He makes
4. I love thee, Lord Jesus
Look down from the sky
And stay by my cradle
Until morning is night
5. Be near me, Lord Jesus
I ask You to stay
Close by me forever
And love me I pray
6. Bless all the dear children
In Your tender care
And fit us for heaven
To live with You there



