



**Week one**



**To know, no matter what, the lure of tomorrow, is vital. Let’s be the one who makes someone look forward to tomorrow.**

Let’s begin the first week of Advent, lighting the first candle of the Advent wreath with a mention of the theme we associate with this first lighting ....

**Hope .....**

 The Rainbow Children 

The history books will talk of now,  
That time the world stood still.  
When every family stayed at home,  
Waved out from windowsills-  
At those they loved but could not hold,  
Because they loved them so.  
Yet, whilst they did they noticed all the flowers start to grow.

The sun came out, they can recall,  
And windows, rainbows filled.  
They kicked a football in their yards,  
Until the night drew in.  
They walked each day but not too close,  
That time the world stood still.  
When people walked straight down the roads,  
That once the cars did fill.

They saw that people became ill,  
They knew the world was scared.

But whilst the world stood still they saw,  
How much the whole world cared.  
They clapped on Thursdays from their doors,  
They cheered for the brave.  
For people who would risk their lives,  
So others could be saved.

The schools closed down, they missed their friends,  
They missed their teachers so.  
Their Mam's and Dad's helped with their work,  
They helped their minds to grow.  
The parents used to worry that,  
As schools were put on hold,  
Their children wouldn't have the tools,  
They'd need as they grew old.

But history books will talk of them,  
Now adults, fully grown.  
Those little boys and girls back then,  
The ones who stayed at home.  
They'll tell you that they fixed this world,  
Of all they would fulfill.  
The RAINBOW children building dreams,  
They'd dreamed whilst time stood still 🌈

### **From the letter of St Paul to the Philippians**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. The word of the Lord.

### **A prayer for to encourage hope.**

**Dear God,** with all the jitters and that comes with it, help me do my best each day. I'm nervous about my classes. I wonder whether I'll have friends in my classes. I'm anxious about the work, homework, who I'll sit with at lunch, if my clothes are good enough—just all of it.

Help me believe about being anxious for nothing. Help me cope successfully with all the factors of school life. Let me be conscious of your presence and overcome my anxiousness and fears. In all I try to do, may I be aware of those around me who may depend on me for that little bit of hope. This I pray through Jesus Christ. amen

# Advent

## “So what’s to know”

**Week two**



**To know, though not always easy, love is powerful, especially, to love the unlovable in self and another.**

Let’s begin the second week of Advent, lighting the second candle of the Advent wreath with a mention of the theme we associate with this second lighting ....

**Love .....**

**Long enough post but worth a read :**

I love this story from Katharine Hepburn’s childhood; in her own words.

“Once when I was a teenager, my father and I were standing in line to buy tickets for the circus.

Finally, there was only one other family between us and the ticket counter. This family made a big impression on me.

There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.

The children were well-behaved, all of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armour." He was smiling and enjoying seeing his family happy.

The ticket lady asked the man how many tickets he wanted? He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus."

The ticket lady stated the price.

The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price.

The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home. The \$20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value to Give.

The Giver is bigger than the Receiver. If you want to be large, larger than life, learn to Give. Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.

The importance of giving, blessing others can never be over emphasized because there's always joy in giving. Learn to make someone happy by acts of giving."

~ Katharine Hepburn

***Katherine Hepburn, having become an icon of the screen as actress, recalls this moment in her young life in her memoirs. ... seeing it as a moment of learning the true measure of generosity and love.***

## **FROM THE LETTER OF ST PAUL TO THE CORINTHIANS**

"Love is patient, love is kind, it isn't jealous, it doesn't brag, it isn't arrogant, it isn't rude, it doesn't seek its own advantage, it isn't irritable, it doesn't keep a record of complaints."

### **A prayer to encourage love**

**Dear God,** Help me to love, without expecting anything in return.

Help me to engage, even when I don't fully understand.

Help me to look out for another, just as I would love them to look out for me. Amen

# Advent

## “So what’s to know”

Week three



**To know, a moment of happiness, yes, to make that moment last. To see that joy/happiness in the eyes of someone ... whose day we just made.**

Let’s begin the third week of Advent, lighting the third candle (Pink Candle) Joyful Sunday (Gaudate Sunday) of the Advent wreath with a mention of the theme we associate with this third lighting ....

**Joy .....**

### Potato Chips

A little boy wanted to meet God.  
He knew it was a long trip to where God lived.  
So he packed his suitcase with a bag of potato chips  
And a six pack of Root Beer and started on his journey.  
When he had gone about three blocks,  
He met an old woman. She was sitting in the park,  
Just staring at some pigeons.  
The boy sat down next to her and opened his suitcase.  
He was about to take a drink from his root beer  
When he noticed that the old Lady looked hungry, so he  
Offered her some chips.  
She gratefully accepted it and smiled at him.  
Her smile was so pretty that the boy wanted to see  
It again, so he offered her a Root Beer. Again she smiled  
At him. The boy was delighted! They sat there all afternoon eating and smiling, but they  
never said a word.

As twilight approached, the boy realized how tired he was and he got up to leave. But before he had gone more than a few steps, he turned around, ran back to the old woman, and gave her a hug. She gave him her biggest smile ever.

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face.

She asked him, "What did you do today that made you so happy?" he replied "I had lunch with God." But before his mother could respond, he added, "you know what? She's got the most beautiful smile I've ever seen."

Meanwhile, the Old Woman also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face and he asked, "Mother, what did you do today that you so happy?" she replied, "I ate Potato chips in the park with God."

However, before her son could respond, she added, "You know, he's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring.....all of which have the potential to turn a life around. People come into our lives for a reason.

(Have Lunch with God.....Bring Chips

#### **From St Paul's letter to the Romans.**

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

#### **A prayer to encourage joy.**

**Dear God**, as we start another day with Your blessings, please let us lives filled with Your kind spirit. Let us spread joy and positivity wherever we go. May peace and goodness follow us everywhere today. Teach us to become more like You and recognise You in those we meet. Amen

# Advent

# “So what’s to know”

Week four

# Peace

**To know, a heart at peace, or more, two hearts at peace, forgiving and forgiven.**

Let’s begin the fourth week of Advent, lighting the fourth candle of the Advent wreath with a mention of the theme we associate with this fourth lighting ....

**Peace .....**

### The Five Finger Prayer

1. Your **thumb** is the nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C.S. Lewis once said, a “sweet duty”
2. The next finger is the **pointing** finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the **tallest** finger. It reminds us of leaders. Pray for the President, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God’s guidance.

4. **T**he fourth finger is our **ring** finger. Surprising to many it's the weakest finger; as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need our prayers day and night. You cannot pray too much for them.

5. **A**nd lastly comes our **little** finger; the smallest finger where we should place ourselves in relation to God and others. As the Bible says, "the least shall be the greatest among you". Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

#### **From the letter of St Paul to the Ephesians**

"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you."

#### **A prayer to encourage peace**

**Dear God**, may these days approaching Christmas remind me of kindness, compassion and forgiveness, bedrocks of peace. May peace be the gift I give just as I may want to receive it. May Christmas day leave me with that peace, forgiving and forgiven, so with the five fingers of one hand joined by the my other hand in a warm embrace of self and others.