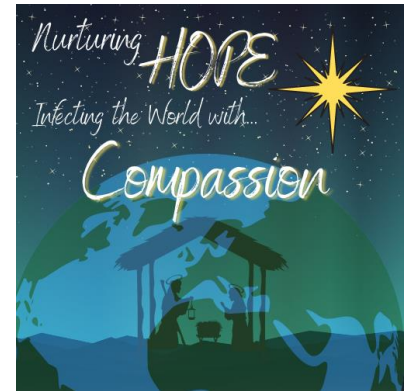
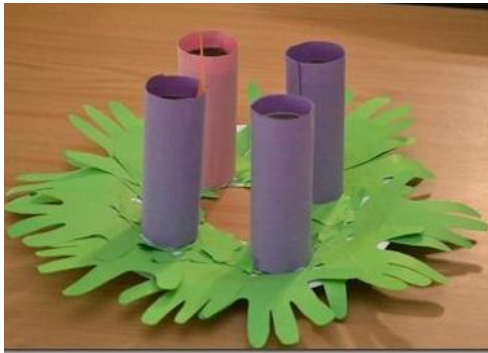


Week One: Compassion is Seeing and Sharing the Presence of God

At Kenora Catholic this year we are “pushing away” the darkness of Covid-19 and our winter season by bringing light to the world and infecting it with compassion! We know that doing compassionate things for others, with others, brings light to our hearts and to those whom we serve.



Here are some simple activities for your household to get your Advent hearts awakened this first week!



of life!)

1. Do you have an Advent wreath to mark your journey? Here are some simple ways to create one:
 - Place four candles around the baby Jesus from your manger set, or simply around an empty manger.
 - Place four candles in a circle on a plate with a bit of greenery from your yard.
 - Place four candles around a cross symbolizing Jesus.
 - Use this simple wreath making activity (hands are a great way to symbolize a willingness to be part of the Advent circle

2. A prayer to celebrate around your wreath:

God of light and hope, you gifted our world with compassion: Jesus. Jesus has shown us how we are to care for each other, and how we can “infect” the world with love and compassion. Help us to be people of light, and to see goodness in each other. Amen.

3. Goodness – in a reading from the first week of Advent we read:

A Reading from Paul’s letter to the Corinthians:

Brothers and sisters: Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace/goodness of God that has been given you in Christ Jesus. In every way you have been enriched (blessed, graced) in him, in speech and knowledge of every kind.

The Word of the Lord (1Cor 1:3-6)

Talk together about the gifts you see in each other. Name what you see, and then ask how you as a family might “infect” the world with compassion by sharing your goodness!

Consider these ideas as support to create what may be possible for you!

- Reverse Advent calendar – each day add something to an “advent” box that you could give away to others. For example, a can of food, a pair of mitts, a note for someone who needs encouragement. At the end of the Advent season, or in early January, share your gatherings with those who need them!
- Look around your neighbourhood and “see” who needs support – does someone need help shoveling, or obtaining groceries, or some home baking, or a friendly visit through the window?
- Globally there are always needs too – there are some unique gift giving options through organizations like [Plan Canada Gifts of Hope](#), and [Development and Peace](#).

How will your household be
“superspreaders”
of compassion this Advent season?