

1ST SUNDAY OF ADVENT

NOVEMBER 28, 2021



The Coming of the Son of Man and Exhortation to be Vigilant

LUKE 21:25-28, 34-36

Jesus said to his disciples:

“There will be signs in the sun, the moon, and the stars,
and on earth nations will be in dismay,
perplexed by the roaring of the sea and the waves,
people will die of fright

in anticipation of what is coming upon the world,
for the powers of the heavens will be shaken.

And then they will see the Son of Man
coming in a cloud with power and great glory.

But when these signs begin to happen,
stand erect and raise your heads
because your redemption is at hand.

“Beware that your hearts do not become drowsy
from carousing and drunkenness
and the anxieties of daily life,
and that day catch you by surprise like a trap.

For that day will assault everyone
who lives on the face of the earth.

Be vigilant at all times
and pray that you have the strength
to escape the tribulations that are imminent
and to stand before the Son of Man.”



TIPS FOR EXPLORING THE GOSPEL

1. Read the upcoming Sunday Gospel a few days before the weekend. Listen to what God is saying to you personally.
2. Select part of the Gospel ahead of time and share it with your children. Have them listen for this part during Mass.
3. Don't be afraid to let kids ask honest questions. Be honest if you don't know something. Tell your child you will look into it and get back to them.



EXPLORING THE GOSPEL

Either before or after a Sunday meal together, designate one person to read the Gospel. Other family members should listen attentively. Then have each family member share an insight about the Gospel.

Discuss the following questions as a family:

- What does it mean to “stand before the Son of Man” at the end time? How can we prepare for this now?
- The word “redemption” means being saved from sin. Does everyone in the world need to be saved from sin?

FUN FACT

Advent means “coming” or “arrival” in Latin. We are preparing for the coming of Jesus into our hearts and into the world.

FAMILY FUN

Advent Wreath



Advent wreaths help us to “prepare the way of the Lord.” Create an Advent wreath for your home or give as a gift. There are a variety of ways to create an Advent wreath. Here is one option:

Gather together (4) toilet paper tubes, construction paper (purple, pink, green and yellow), and a round plate. Cut green paper into a circle so that it fits the top of the plate. Trace handprints on the green paper to make leaves. Wrap 3 tubes in purple construction paper. Wrap 1 tube in pink construction paper. Place the tubes on the plate evenly around the perimeter. Secure with tape. Make flames from yellow paper and tape the flames on the candles as appropriate.



FAMILY PRAYER

Blessing of the Advent Wreath

All make the sign of the cross as the leader says:

Leader: Our help is in the name of the Lord.

All: Who made heaven and earth.

A reader proclaims Isaiah 9:1-2, 5-6

Reader: The Word of the Lord.

All: Thanks be to God.

Leader: This wreath reminds us of God’s promise and his never-ending love. What should we pray for tonight?

(Family members share intentions)

Leader: We lift all of these intentions and those in our hearts up to you as we pray the prayer You taught us. Our Father...

Leader: Let us ask for God’s blessing.

Lord our God,
we praise you for your Son, Jesus Christ:
he is Emmanuel, the hope of the peoples,
he is the wisdom that teaches and guides us,
he is the Savior of every nation.

Lord God,
let your blessing come upon us
as we light the candles of this wreath.
May the wreath and its light
be a sign of Christ’s promise to bring us salvation.
May he come quickly and not delay.
We ask this through Christ our Lord.

All: Amen.



RECIPE OF THE WEEK

Veggie-Stuffed Crescent Wreath

INGREDIENTS:

- 6 slices bacon
- 1/2 cup chive-and-onion cream cheese spread
- 2 cans (8 oz each) refrigerated crescent rolls
- 2 cups frozen broccoli florets (14-oz bag), thawed, finely chopped and patted dry with paper towel
- 1/3 cup diced red bell pepper
- 1 egg, beaten
- 1 tsp. sesame seed
- Fresh rosemary, if desired

DIRECTIONS:

1. Heat oven to 375 F.
2. Cook bacon as desired until crisp. Drain on a paper towel; crumble bacon and set aside.
3. Unroll both cans of dough; separate into 16 triangles. On ungreased cookie sheet, arrange triangles with shortest sides toward center (in the shape of a star), overlapping in wreath shape and leaving 4-inch round circle open in center. Press overlapping dough to flatten.
4. Spread cream cheese in dough to within 1 inch of points.
5. In a small bowl, mix bacon, broccoli, and bell pepper; spoon into widest part of dough.
6. Pull ends of triangles over mixture and tuck under dough to form ring (filling will be visible).
7. Brush dough with egg and sprinkle sesame seed.
8. Bake 25 to 30 minutes or until golden brown. Cool 5 minutes. Enjoy!

Submit your own favorite snack, dessert, or dinner recipe online at www.stmarysbismarck.org/reclaiming-sundays