LIVING FAITH

ROMAN CATHOLIC
ARCHDIOCESE OF ST. JOHN'S

FIRST SUNDAY OF ADVENT, YEAR B November 29, 2026



THE GOSPEL FOR TODAY Mark 13:33-37

Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.'

TAKING THE GOSPEL HOME: Keep awake! Be alert! Many people take this to be a warning; a warning that Jesus will come as judge at the end of our lives, and we know not the day nor the hour that He will come. And there is truth in this. There is another truth as well. Jesus comes to us each and every day, and we have to be awake and alert in order to recognize Him. How does Jesus come to us each and every day? He comes to us in the people in our own families, especially in the ones who need our care, or perhaps our patience or understanding. Jesus comes to us in the people we meet in the lineup at Tim Horton's, especially those who are ill-clothed, unclean, loud or obnoxious. Jesus comes to us in the kid in the next desk who has nothing to eat for recess. He comes to us in the co-worker who is having a difficult time. He comes in the sick person who asks us to pick up something at the store on our way home. Jesus comes to us at all hours of the day, and often in the people we least expect. Are we alert? Are our ears open? Are our eyes open? Are our hearts open? Are we ready to welcome Jesus when He comes to us? IN YOUR HOME, SCHOOL OR WORKPLACE…

- Where did you meet Jesus today?
- How did you recognize Him?
- How did you welcome Jesus?

We are pleased to announce that the Journey through Advent video series, which includes reflections on the readings for each Sunday in Advent, will be available from today, Monday, 23 November 2026. It is a joint project between three CCCB offices (the Office national de liturgie, the National Liturgy Office, and the Office for Evangelization and Catechesis).

This year's spiritual reflections are delivered by the Most Reverend Guy Boulanger, Archbishop of Sherbrooke (in French), and the Most Reverend Michael Brehl, Bishop of Pembroke (in English); we are grateful to them.

The videos are available on the CCCB Website:

In English: https://youtu.be/-T0-pTyDxwc

In French: https://youtu.be/TqGSlvF0MOE

A FAMILY ACTIVITY

A FAMILY ADVENT WREATH



The Advent wreath is a circle of evergreen boughs. We usually place it on a table—the kitchen or dining room table or a table in the living room. The devotion is usually incorporated during the family meal, or during family night prayers. Fastened to the wreath are four candles standing upright, at equal distances. These candles represent the four weeks of Advent. Three of the candles are purple, because purple speaks to us of hope and longing. A rose or pink candle is lit for the Third Sunday of Advent, also known as Gaudete (rejoice) Sunday. It reminds us that the end of Advent is almost here, and we can hardly contain our joy.

Blessing the Advent Wreath

On the First Sunday of Advent, at supper or another good time, gather around the wreath.
Take some holy water and use it to bless the wreath by saying, "We ask God to bless this wreath, Let it remind us that, as we hurry and work to prepare for Christmas, God is at work inside us, preparing us to be more loving and more just, with hearts just like that of God's own Son, Jesus. May we be more attentive to the signs of God within and around us as Christmas draws closer. We ask this through our Lord, Jesus Christ. Amen."

Light the first purple candle.

SUPPLIES YOU MAY NEED TO MAKE AN ADVENT WREATH

BASE:
Spaghnum moss wreath form *or*
Oasis florist foam in wreath form *or*
Styrofoam, straw, wood or wire or other type of wreath form *or*
Or Ready-made Christmas wreath
CABDLEHOLDERS:
florist candleholders *or*
large nails or spikes *or*
wire
or other materials of your choice
GREENS
Live evergreens of your choice *or*
permanent or artificial greens
CANDLES
3 purple and 1 pink taper or pillar candles, depending on wreath *or*
4 white candles **Ribbons and decoration**
DECORATION:
Purple ribbon
pine cones, seed pods, red berries, etc

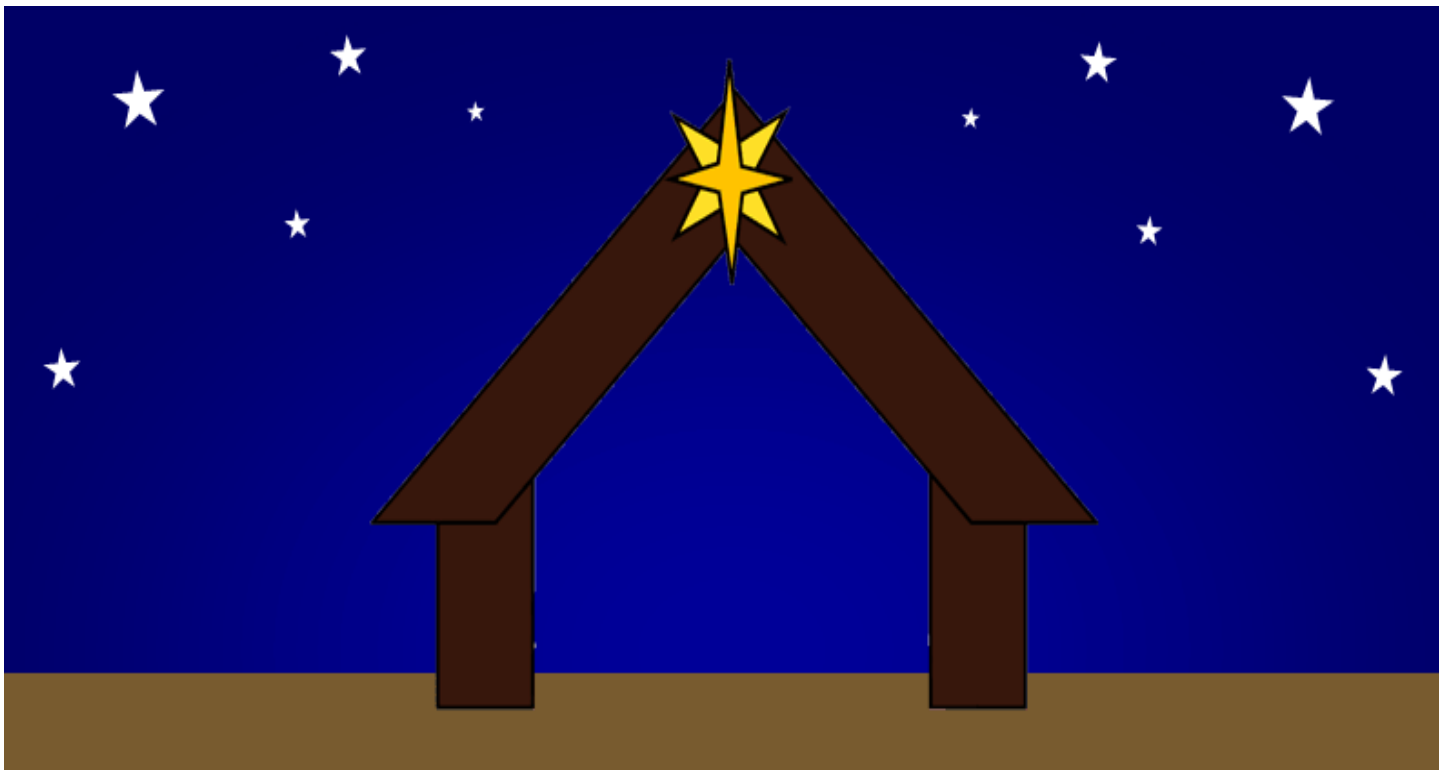


ADVENT IN OUR FAMILY
BUILDING A PROGRESSIVE CRÈCHE



Each week for the four weeks of Advent and on Christmas Day, we will add items to the crèche until, on January 6, it is complete.

Today, on the First Sunday of Advent, place your empty stable wherever you would like it to be in your home. You might like to put an empty manger inside, and even add a little straw. You might also place a star above the stable to guide the people and animals who will soon make their way there. We are all preparing to welcome Jesus!



ADVENT PEOPLE
MARY, THE IMMACULATE CONCEPTION

December 8

December 8th is the Solemnity of the Immaculate Conception of the Blessed Virgin Mary. The Church tells us that Mary is the model for all Christians. She is a wonderful model for us in Advent, because she shows us what it means to keep awake and be alert. Mary was always alert, listening to God, trying to hear what God was saying in her life, and following God's will.

"Mary pondered all these things in her heart."

Watch a short video about Advent here.

THE CHURCH TEACHES
THE LITURGICAL YEAR BEGINS TODAY

- **Advent** - four weeks of preparation before the celebration of Jesus' birth
- **Christmas** - recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world
- **Lent** - a six-week period of penance before Easter
- **Sacred Paschal Triduum** - the holiest "Three Days" of the Church's year, where the Christian people recall the suffering, death, and resurrection of Jesus
- **Easter** - 50 days of joyful celebration of the Lord's resurrection from the dead and his sending forth of the Holy Spirit
- **Ordinary Time** - divided into two sections (one span of 4-8 weeks after Christmas Time and another lasting about six months after Easter Time), wherein the faithful consider the fullness of Jesus' teachings and works among his people



The mystery of Christ, unfolded through the cycle of the year, calls us to live His mystery in our lives

YEAR B

Today, we begin Year B of the Liturgical Cycle. Throughout this year, the Gospel of Mark will be proclaimed, Sunday after Sunday. Mark's is the shortest Gospel and so, at a certain point, we will turn to the Gospel of John. Mark's was the first Gospel written.

Unlike Luke and Matthew who begin their accounts with the events surrounding the birth of the Messiah, Mark begins his account with Jesus' public ministry and the mission of John the Baptist. Mark leaves no doubt as to who Jesus was. In the very first sentence of his account he proclaims that Jesus is the "Christ, the Son of God" (Mark 1:1). Mark stresses Jesus as "Teacher" and as the "Servant of God". Jesus was not simply a man among men, but one who caused great wonder, amazement, and awe upon those who encountered him.

View an Advent Calendar 2006 here.

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