





Be Still...

**To be with
Jesus...**

**Calm your
mind...**

Take time...

3rd Week of Advent -

A time to prepare our hearts...

Celebration of the Word -

Prayer Theme - Joy and Peace.

*We begin with
the sign of the cross...*

*In the name of the
Father, and of the
Son and of the
Holy Spirit.*

AMEN

WE GATHER

Our prayer theme this week is

Joy and Peace.

- I wonder what that means to you...
- I wonder what brings you joy...
- I wonder why peace is so important in our relationships and our faith...

WE GATHER

LISTEN TO THE WORDS

THE ANGELS KNEW
NICK & BECKY DRAKE

The background of the image is a soft-focus photograph of purple heather flowers. Several vertical stems are visible, each bearing a dense cluster of small, bell-shaped blossoms. The colors range from a pale lavender to a deeper purple, with green foliage interspersed between the flower clusters. The overall effect is a gentle, textured backdrop for the text.

WE LISTEN TO
THE WORD OF GOD

A reading from the Book of John (1:1,14).

*In the beginning was the Word, and the Word was with
God, and the Word was God...*

*... And the Word became flesh and dwelt among us, and
we have seen his glory, glory as of the only Son from the
Father, full of grace and truth.*

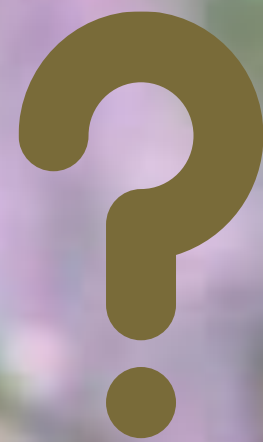
The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

WE RESPOND

WHAT DO YOU THINK?

Take a moment to reflect...



How does this
make you feel?

Why is this message
important for us?

***...And the Word became
flesh and dwelt among us...***

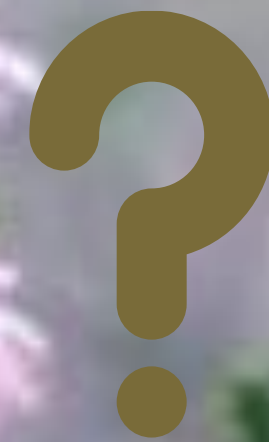


How can this message
help us each day?

WE RESPOND

WHAT DO YOU THINK?

What did you find surprising
about the Gospel today?



What did you find challenging
about the Gospel?



Are you ready to welcome
Jesus into your life?

The Church sets aside the
four weeks of Advent to show
us how to get ready for the
great “Mystery of Christmas.”

What is Advent all about?

In the four weeks leading up to Christmas, we light the candles on the Advent wreath.

Advent wreaths traditionally hold four candles (three are purple and one is pink). The candles represent Jesus coming as a light in the darkness. One candle is lit each Sunday until all four candles are lit. As Christmas draws nearer, each candle brings a little more light into the darkness.

Usually a white candle is lit on Christmas Eve or Christmas Day to symbolize that Jesus is with us.

This is referred to as the "Christ candle."

Each of the candles lit before Christmas represent an aspect of preparation during the season of Advent
- hope, love, joy and peace.



We are in the third week of Advent and so the third candle is pink or rose, symbolizing joy and rejoicing.

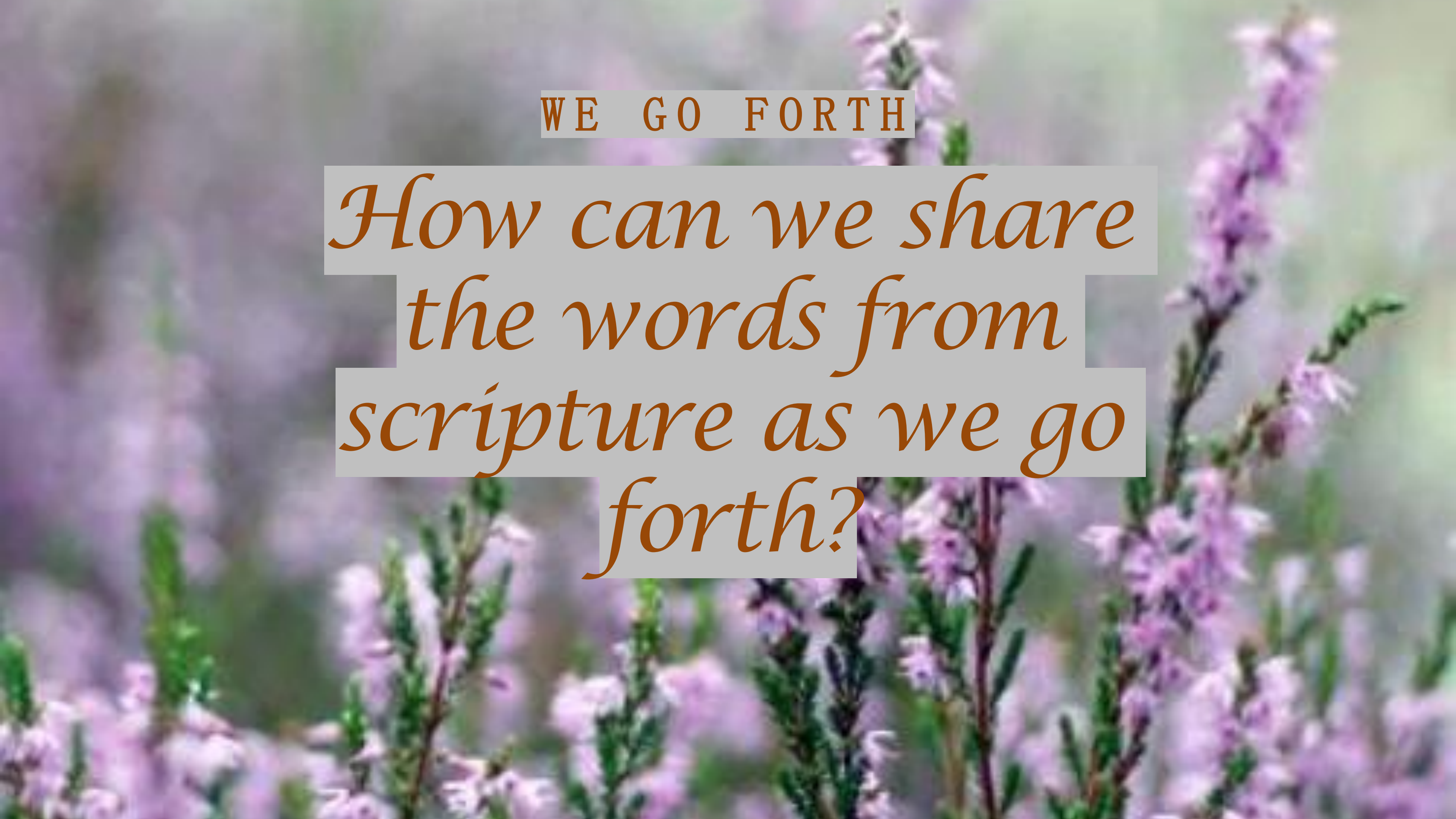
During the third week of Advent we are filled with joy for the near arrival of Jesus on Christmas Day.

This Sunday is called "Gaudete Sunday" as we reflect on the joy the shepherds felt at the birth of Jesus.

How is Jesus inviting you to experience greater joy this Advent?

How can you share joy within your family and friendship groups?



The background of the image is a soft-focus photograph of purple heather flowers. The flowers are small and clustered along thin green stems. The overall tone is gentle and natural, with a mix of purple, green, and soft white light.

WE GO FORTH

*How can we share
the words from
scripture as we go
forth?*



HE WORE WEIRD

WE GO FORTH

Advent - A time to Give Back.

The things you bring in from your Reverse Advent Calendar will support the work of the Rainbow Centre. Each day a different person draws out an item to bring in to support the vulnerable in our community.
Have you brought yours in yet?

**HURRY, the items will be
delivered to the Rainbow Centre
on THURSDAY.**



REVERSE ADVENT CALENDAR

Give a little kindness every day this Christmas.

Each day, add one item to your box. At the end, donate it to The Rainbow Centre Food Bank to help local people in need.

DAY 1

Tinned soup



DAY 2

Pasta (500g or 1kg)



DAY 3

Rice (500g or 1kg)



DAY 4

Breakfast cereal



DAY 5

Tinned beans or spaghetti



DAY 6

Tinned tomatoes



DAY 7

Tinned meat



DAY 9

Tinned fish



DAY 9

Long-life milk



DAY 10

Tea bags or instant coffee



DAY 11

Sugar (500g or 1kg)



DAY 12

Sugar (500g or 1kg)



DAY 14

Jam, peanut butter



DAY 15

Instant noodles or pastas



DAY 16

Biscuits or snack bars



DAY 17

Tinned custard or rice pudding



DAY 18

Instant mash or packet stuffing



DAY 19

Crackers or crispbreads



DAY 20

Toiletries



DAY 23

Baby food or napples (if possible)



**DROP OFF YOUR COMPLETED BOX
AT THE RAINBOW CENTRE**

WE GO FORTH

SO, ARE YOU READY?

TODAY, WE ARE
CONSPIRING WITH PEOPLE
AROUND THE GLOBE
TO CHANGE THE WORLD.



AS GOD
CHANGES US

Let us pray ...

Dear Jesus,

help us focus on you during this busy season...

May we stay aware of the joy you bring into our lives...

Remind us to seek out the peace that only you bring...

*We want to find you in the everyday moments
and come with hearts of gratitude to your manger at Christmas...*

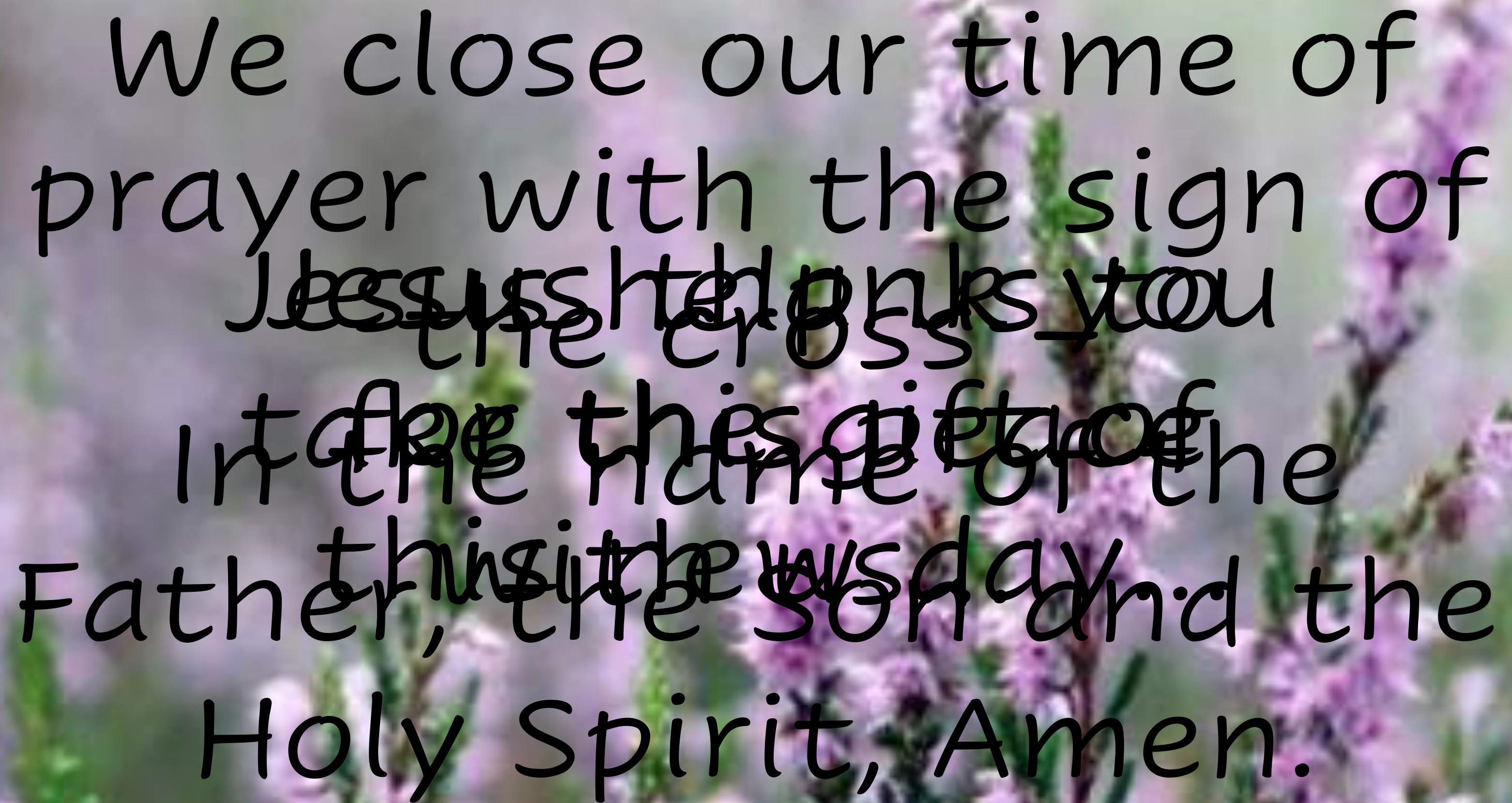
We ask this in your holy name.

Amen.

*St Augustine, pray for us
St Cuthbert, pray for us*

*We prepare to close
our time of prayer
together.*





We close our time of
prayer with the sign of
the cross
In the name of the
Father, the Son and the
Holy Spirit, Amen.

