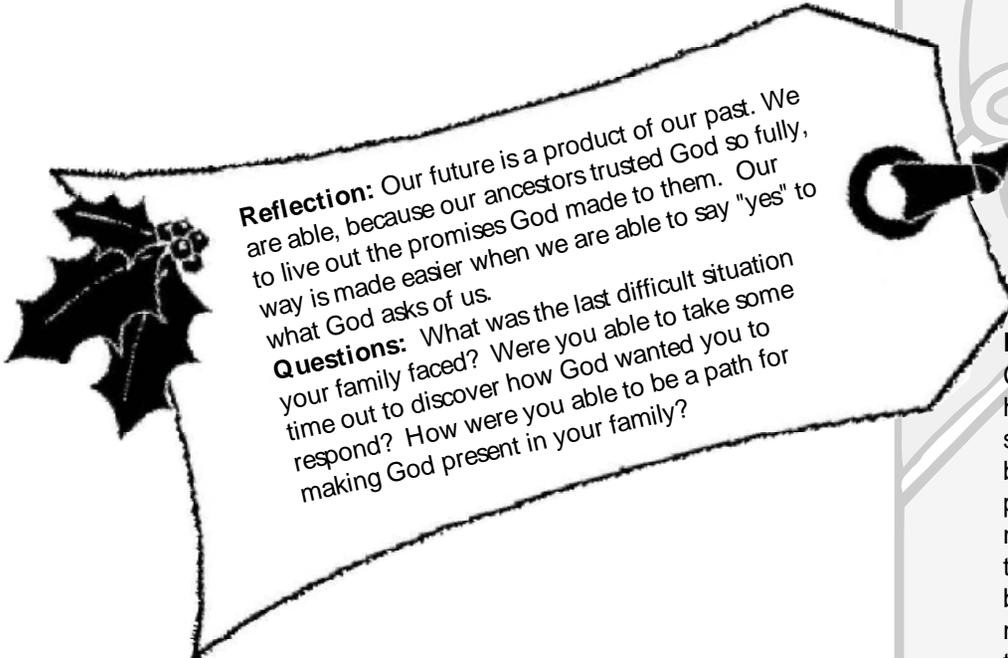


# Fourth Sunday of Advent

Theme: Blessed are those who trust in the Lord.



**Reflection:** Our future is a product of our past. We are able, because our ancestors trusted God so fully, to live out the promises God made to them. Our way is made easier when we are able to say "yes" to what God asks of us.

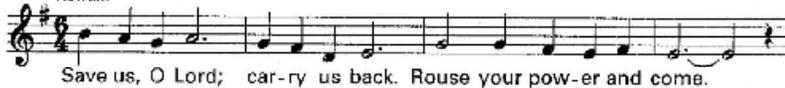
**Questions:** What was the last difficult situation your family faced? Were you able to take some time out to discover how God wanted you to respond? How were you able to be a path for making God present in your family?

## SAVE US, O LORD

CPC1 #339

Bob Dufford, SJ

Refrain



## Bread for Others



Candles are a big part of the decorations in our homes throughout the Advent and Christmas seasons. We all know that they represent the light brought to us by Christ. There is a tradition that was practiced many years ago that reminds us of Jesus not only as light but as bread to us. You might enjoy trying it. You can start from scratch or use frozen bread dough. Shape the bread into a loaf that is nicely mounded on top. Bake and cool it as usual; then using the bread as a candleholder, insert an 8-inch taper into it. This can become a centerpiece for your table. Select a special meal each week to tell how another has been bread for you. Challenge yourself to be bread and light to someone you know for the coming week.

## Keeping Warm

Using construction or wrapping paper, have everyone in the family draw around his or her hand to create a mitten. Cut it out, and write a prayer for someone you know on it. String the mittens together and hang them on your tree. Everyday until Christmas, take a few minutes to pray all the mitten prayers. The time you spend in prayer will be sure to warm you as well as those for whom you pray.

## The Light of Christ

Of all the days in the year, December 21st is the shortest. It is the day when we have less sunlight than all the others. Think about how you feel just waiting for the days to stay lighter a little longer as spring approaches. In Advent, we wait for the light Jesus brings to come and chase away the darkness and hard times we sometimes experience. Take a look around your family and see who might be struggling with a tough decision or a difficult situation. This week, without telling anyone, do something to bring a little light into that person's life. You might try doing an unexpected chore or just spending some quiet time together.

## Share in the Joy of Serving

Take part in Christmas preparations at your local parish as a family. Give your family the gift of joy that comes from serving.

**Scripture Readings:**  
Micah 5:1-4  
Hebrews 10:5-10  
Luke 1: 39-45

My idea to follow Jesus this coming week....

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