

Advent Reflections Leaders for Community Groups and Parishes



# Advent Reflections Leaders for Community Groups and Parishes User Guide

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Advent Reflections Leaders for Community Groups and Parishes



## Product Information

### Specifications:

- **Product Name:** Advent Reflections
- **Type:** Spiritual Reflection Materials
- **Usage:** Guided reflection sessions for the Advent season

## Product Usage Instructions

### Getting Ready:

To prepare for hosting Advent reflections, follow these steps:

1. Identify a suitable space and time for the gathering.
2. Advertise your gathering through personal contacts, invitations, social media, and church newsletters.
3. If you need participants to read scripture passages or lead prayers, inform them beforehand to allow preparation.

### On the Day:

On the day of the Advent reflections session, ensure you:

- Set up the space with suitable decorations and seating arrangements.
- Welcome participants warmly and create a peaceful atmosphere.
- Follow the planned schedule for readings, reflections, prayers, and other activities.
- Encourage active participation and engagement from all attendees.

## FAQ (Frequently Asked Questions):

- **Q: How long should each Advent reflection session last?**

**A:** The duration of each session can vary based on your group's preferences, but typically aim for 30-60 minutes to allow for meaningful reflection and discussion.

• **Q: Can children participate in Advent reflections?**

**A:** Yes, you can adapt the content and activities to make them suitable for children, creating a family-friendly environment for reflection.

## **Leaders guidance**

Thank you for considering facilitating an Advent reflection group in your parish. This resource invites parish participants to journey through the Advent time of preparation and anticipation, in solidarity with our sisters and brothers around the world. Each week we will focus on one of four Advent themes – hope, love, joy and peace – and reflect on one of the Sunday readings.

## **Getting ready**

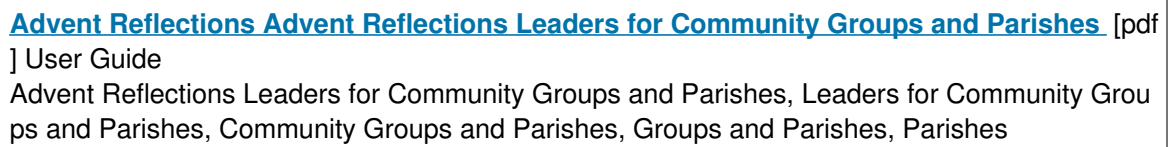
- Identify a suitable space and time and advertise your gathering. One of the best ways of promoting the Advent reflections will be through personal contact and invitation. You could also advertise on social media, perhaps by setting up an event page, and in Church newsletters.
- If possible, ask in advance if you want anyone to read the scripture passages or prayers, so that they can prepare.

## **On the day**

This is not intended to be a prescriptive list but rather some suggestions. You will know your community best!

- Set up chairs in a circle so that everyone feels equally involved.
- Greet participants as they enter. Tea, coffee and biscuits on arrival are always appreciated and encourage people to chat informally.
- Ask individuals to introduce themselves to the group by saying their name. If people do not know each other well, you might invite them to share a little more as an 'icebreaker' such as what has brought them to the group or their favourite Advent/Christmas tradition.
- If you have a large group (more than 12) consider forming small groups to allow individuals more time to speak. If you do form small groups, you may like to gather everyone and let groups report briefly on their conversations.
- Encourage people to participate by acknowledging and valuing all contributions. Invite, but don't pressure, quieter individuals to share.
- Introduce CAFOD as the international aid and development organisation of the Catholic Church in England and Wales. If possible, you may wish to show a short film explaining our work, such as <https://www.youtube.com/watch?v=7a0t0XUwkao&t=215s>.

## **Documents / Resources**



## References

- User Manual

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