



Advent 2021



A booklet of Advent Traditions and Liturgies
for Celebration in the Home

adapted with permission from Christ Church Cathedral Vancouver

An Invitation to a Holy Advent

I wonder what your Advent traditions are? What are the pieces that mark Advent as different time, special time, holy time in your home? Whether it's small things you do on your own; places you go, traditions you keep, or things that you do with those you love, what helps you embrace the waiting, and the holy pause of Advent?

Advent is special time. It's far too easy to get caught up in the busyness of getting ready for Christmas or even celebrating the joy of Christmas earlier and earlier. It's also easy to be rushed and swept up in the image of the perfect Christmas and lose the joy when it does not materialize. It's easy to get caught up in trying make perfect memories for the people we love and to lose the sense of waiting and wonder that Advent brings.

Into this busyness comes Advent like a fresh cleansing breath from God. Advent is holy time, it's a thin space where we are invited to pause and wait. What a wonderful thing to be asked to do in a world of instant gratification, we are invited to set aside time and live into the holy spaces.

In Advent we wait, we wait for the coming of Jesus as a Baby; Emmanuel both in the manger and again and again in our lives today, and we anticipate the coming of Jesus to reign; Lord Jesus Come Soon. Advent comes at the darkest time of the year, and instead of pushing through the dark, fighting it, we embrace it, we sit and wait in hope, knowing that the light will come.

As Christmas busyness comes all too soon upon us, we are invited to observe a holy Advent. It's not about how many things we do, or how long we spend, it's about intentionally setting aside the time to wait and wonder.

This booklet contains some ideas for how to create those spaces in your homes, and opportunities to embrace. Choose what works for you and those you love. It's not the amount or even the time - it's the intention and making the space.

We wish you a Holy Advent.



Advent Opportunitites at St John's

Advent Lessons and Carols

November 28th 3pm

Come and begin Advent with the retelling of the Great Stories and hear and sing the sacred music.

Mother Terry Dirbas' Induction

December 13th 7pm

Come and join with our St. John's family in welcome Mother Terry and her family!

The Advent Wreath

The Advent wreath dates back to ancient celebrations of the winter solstice, that time in the year when the sun reaches its southern-most point in our earth's sky and the days are the darkest and most gloomy. The ancients longed for the return of the sun's life, warmth and light; so they stopped all usual activities, scarified the use of their wagon wheels and hung them up, festooned with lights and greens in their celebration halls. There they awaited the return of the sun-god, thinking of the warmth and light they missed. The celebrations culminated in the "nativity" of the sun, the turning point of the year.

As Christians, we use the same meaningful tradition to anticipate the feast of light and life: the nativity of the Saviour. We add one candle on the wreath for each Sunday in Advent, four in all. We think of the darkness of our world and watch the growing light as we prepare for the birth of our Saviour. The sacrificed wheel of the Advent wreath makes us pause and reflect on the return of our hope, the birth of the Christ.

Reflections on the Advent Wreath:

The Circle of the Wreath has no beginning and no end. So God has no beginning and no end, "I am the Alpha and the Omega". God is in all things, everywhere, and in all times.

The Greenery reminds us of creation, of new growth, and of life itself. In the middle of winter they bring us hope of a new year, a new spring in which life will blossom again. So in Jesus Christ is our promise of new life.

Blue or Purple candles (First, Second and Fourth Sundays) are the colour of hope. It is the time of preparation in the hope of God's life. This is the time when we reflect on who we are and how we are making ready for the coming of our Lord.

Pink Candle (third Sunday) reminds us of love. We await the coming of God, who is Love, into human form.

White Candle (At Christmas until Epiphany) reminds us of hope and peace. The light that it sheds proclaims the Light of the World, and brings to our hearts the warmth of God's love in Jesus Christ.



Making Advent Wreaths (kits provided)

<https://www.youtube.com/watch?v=B50NI39jDhU&t=737s>

(Mother Liz and Amelia's how to video!)

Please contact the office to arrange to pick up your kit.

Prayers for the Lighting of Advent Wreaths

First Sunday Advent I

Light the first purple candle and pray:

Loving God, thank you for the light. Help us help the light grow. Amen.

Blow it out!

Second Sunday Advent II

Light the first and second purple candles and pray:

Faithful God, thank you for faith. Help us make our faith grow. Amen.

Blow them out!

Third Sunday Advent III

Light the first and second purple candles and the pink candle, and pray:

Joyful God, thank you for joy. Help us make joy grow. Amen.

Blow them out!

Fourth Sunday Advent IV

Light all purple and pink candles, and pray:

Peaceful God, thank you for peace. Help us help peace grow. Amen.

Blow them out!

Dec 24th Christmas Eve

Light all purple and pink candles and the white Christ candle, and pray:

Living God, thank you for coming to us as a baby. Help us to live with light, faith, joy, and peace. Amen.

Blow them out and shout MERRY CHRISTMAS!

(or)

Advent 1 Hope for all God's People

One We light this candle for all God's people,
struggling to be bearers of hope in a troubled world.
All **God, as we wait for your promise,
Give Light, Give Hope.**

Advent 2 The Prophets

One We light this candle for all God's prophets,
confronting justice and restoring the dream
of a world of freedom and peace.
All **God, as we wait for your promise,
Give Light, Give Peace.**

Advent 3 John the Baptist

One We light this candle for all God's messengers,
preparing the way for change,
signs pointing to a new age to come.
All **God, as we wait for your promise,
Give Light, Give Joy.**

Advent 4 Mary

One We light this candle for all God-bearers,
saying 'yes' to God's challenge,
accepting the pain and joy of an unknown future.
All **God, as we wait for your promise,
Give Light, Give Love.**

Christmas The Birth of Christ

One We light this candle for the newborn Christ,
reawakening hope and faith,
the Word embodied for our time.
All **God, as we receive your promise,
You are Light, You are Hope.**

Daily Advent Email Calendar

Sign-up for a daily email in Advent with meditations from Bishop John and spiritual directors in the diocese.

Each day will include a selected image, hymn, or poem that evokes the *actions of Advent*: waiting, longing, anticipating, expecting, and preparing. The art is a means for awakening our imaginations to renew our journey through Advent once more.

Advent is usually the season to once again celebrate the coming birth of Jesus. Yet the scriptures and hymns also point us to the central event we are expecting in Advent: the future coming of Jesus Christ.

This is the time of fulfillment, the time of the kingdom in all its wholeness, the time of final judgement which brings justice and mercy to all.

This is the event we await in Advent.

[2021 Advent | Diocesan Resources | Anglican Diocese of New Westminster](#)

<https://www.episcopalchurch.org/journeying-way-love/>

The Creche, or Nativity Scene

The family, or household, can prepare for the coming of the Christ child by recreating the birthplace of Jesus. At this time of year many stores have creches for sale, but perhaps it is more fun to make your own. In order to enhance the mood of anticipation, present the creche over several days; a possible schedule is presented below. One household tradition is to gather daily as the newest creche piece is put out and sing a verse of an Advent Carol. Another way to enhance anticipation and create a daily ritual is to place the Mary and Joseph figures far away in the house, and to move them closer each day – spending nights in children’s rooms, halls, stairwells, on appliances – until they arrive at the Creche on Christmas Eve. The Magi can similarly be moved closer and closer every day, to arrive on Epiphany, January 2nd.



| Day | Set up | Think About |
|-------------------------|---------------------------|--|
| Dec 16 | Prepare the Place | Getting ourselves ready |
| Dec 17 | Bethlehem (houses etc) | Our city, community, school, etc. |
| Dec 18 | Stable | Our home, those who are homeless |
| Dec 19 | Animals | Pets, all creatures |
| Dec 20 | Shepherds | Those who care for us |
| Dec 22 | Angel(s) | Being messengers of God |
| Dec 23 | Joseph | Trusting in God's plan |
| Dec 24 | Mary | Joyfully following God's call |
| Christmas Eve or Day | Jesus | Jesus Christ, Light of the World |
| Jan 2 | Magi | Bringing our gifts to God's work in the world |

Saint Nicholas

December 6th, during the first week of Advent, we celebrate St. Nicholas, a generous bishop of Myra (now in Turkey) who lived during the fourth century. Nicholas was a friend of the poor, especially children. One legend is that St. Nicholas threw gold coins in through a window as a dowry for three young girls, thereby preventing them from being sold into slavery. Santa Claus and the tradition of gift-giving have evolved from St. Nicholas. Two advent customs below suggest how we can reclaim the Christian heritage of St. Nicholas.

Christkind - An Advent custom from Austria

On the first day of Advent, the family or household gathers. The name of each person is placed in a bowl and then the names are drawn out. The person drawing a name is then responsible to do one kind thing for that person each day in Advent and Christmas without being caught! This establishes an atmosphere of kindness amidst the busyness of Christmas planning and reminds us that Christmas is a season of giving rather than receiving. The spirit of giving like St. Nicholas prepares our hearts to receive Christ. It may be continued throughout the twelve days of Christmas until Epiphany.

Saint Nicholas' Cookies, call Speculatius

Legend says that St. Nicholas still visits homes on December 6th and gives children a package of sweets, and invites the whole family to draw near to the One Who is To Come, the Holy Child. St. Nicholas spice cookies, often cut in the shape of a bishop, are made and distributed to friends, neighbours and children. Children may help in the making of the cookies on the evening of Dec. 5, and after they have gone to bed the adults or older teens can decorate these so they appear secretly decorated on St. Nicholas Day.



**Our Salt Dough Spiral Calendar Winter Garden
is an excellent way to count down to your favorite holiday**

Materials: 1/2 cup table salt
 1/2 cup water
 1 cup flour
 Glass gems

On a greased cookie sheet, roll dough into a long cylinder. Flatten and form into a spiral. Calculate the number of days from the start of the month to the holiday or the end of the month. Use glass gems to make evenly spaced and unified depressions for each of those days in the dough spiral. The dough expands when baking; when pressing your gems don't be afraid to make the depressions larger.

Bake at 350 degrees until hardened.

Place small sprigs of evergreen underneath and in-between the spiral. Place a gem on the spiral everyday until the holiday arrives.

Reverse Advent Calendar

Instead of getting something each day in Advent, fill a box or basket with things to give away or donate at the end of the season. Eg. Add food to a box each day, then give the box to a foodbank on Christmas Eve, or after the holidays when their shelves start to get bare again. Here in Vancouver we have lots of little free pantries located throughout the city. You may have seen one in your own neighbourhood.

Making Christmas Cards

Making homemade Christmas Cards to give away is another activity you might enjoy doing with your children. Setting aside one or more evenings to make cards, drink hot chocolate, and FaceTime a loved one who lives far away. Pencil it in to your Advent calendar as a yearly tradition. Who doesn't love receiving a homemade card? There are lots of ideas online to make artwork with fingerprints (see image below).



A "Not-to-do" list

There's more than enough "to-dos" in this season. A desire to simplify is something we hear more and more from people. This can be as simple as writing down 2 or 3 things one does not want to do this Advent. e.g. Not worry, not shop one day a week, not overschedule the evenings. This idea comes from Traci Smith's [Faithful Families for Advent and Christmas](#).

Advent Cookies

Delectable glazed cookies are a heavenly treat for yourself or your youngsters, Advent Cookies go very well with a warm cup of tea. Perfect on a chilly afternoon. These cookies are ideal for launching the holiday season deliciously!

Prep time 25 mins

Cook time 8 mins

Total time 33 mins

Author: Epicurus.com Kitchens

Recipe type: Dessert

Cuisine: Penn Dutch

Serves: about 2 pounds



Ingredients

- 7 ounces light brown sugar (3/4 cup)
- 9 Tablespoons cocoa powder
- 10 ounces butter; softened (1 1/4 cups)
- 1 pinch cinnamon
- 1 teaspoon vanilla
- 1 pound plain flour (approximately, about 3 1/3 cups all purpose flour)

Instructions

1. Preheat the oven to 400 degrees F.
2. Mix all of the ingredients together, except for the flour. Add the flour slowly to the rest of the mixture until it reaches the right consistency to roll out. The dough should be quite soft. (You may find it easier to knead it with your hands.)
3. Roll out on a floured surface to a thickness of about 1/4 inch and cut into decorative shapes with small cookie cutters, a sharp knife or the rim of a glass.
4. Place on a greased baking sheet and bake in the oven for about 8 minutes. Remove from the oven while they are still soft and cool on a rack, then pack into crocks or jars.
5. You may glaze and decorate the cookies at any time.

Notes

The author notes that the Pennsylvania Dutch settlers made these at Thanksgiving and stored them in a stoneware crock until Christmas. The cookies can be made at any time but allowed to age for 4-6 weeks. They can be used as a substitute for graham crackers for a pie crust. Shown here decorated for Christmas with glaze.

Advent calendar gingerbread biscuits by [Helen Jessup](#)

December is looming fast, and the beginning of December marks the opening of advent calendars for many, whether it's traditional advent calendars, [chocolate](#) calendars or something a little different, like reading a different book each day, doing a different family activity, or creating a new craft.

In the past I've made advent stockings out of baby socks and filled them with chocolates and treats, but mostly we have a shop bought chocolate calendar (and doors only get opened following good behaviour!). These biscuits are a simple cooking activity that can be done [with the children](#), and the only difficult part is making sure



that you only eat one a day, as they are very moreish. I like to add ginger, however they can be left plain or, by substituting 25g flour for 25g cocoa powder, can be made chocolate flavoured.

Whilst keeping the [biscuits](#) in an airtight container is best, they could also be threaded onto some string or ribbon and hung above the fireplace or on the [Christmas](#) tree (just remember to poke a hole in the biscuits with a straw before baking).

Ingredients

- 8 3/4 oz of butter, softened (1 cup)
- 8 3/4 oz of caster sugar (1 cup)
- 13 1/4 oz of plain flour (1 2/3 cup)
- 2 tsp [ground ginger](#)
- coloured fondant icing

Method

Beat the butter & sugar together until pale & creamy

Beat in the flour & ginger until it starts to come together (add a little water if needed)

Form together into a smooth ball with your hands

Roll out on a lightly floured surface to approx. 3-4mm thick

Cut out hearts and stars with a cookie cutter

Place onto a baking sheet

Bake in a preheated 170°C oven for 10-12 minutes until light golden in colour

Allow to cool on a wire rack before decorating

Cut out numbers 1-24 with coloured icing and stick onto the biscuits with a little water

Mary Berry's Classic Fruit Cake

This is the perfect cake for Christmas, birthdays and all special occasions – it's a winner.

Ingredients

- 350g/12oz currants
- 225g/8oz sultanas
- 225g/8oz raisins
- 175g/6oz glacé cherries, rinsed, dried and quartered
- 175g/6oz ready-to-eat dried apricots, snipped into pieces
- 75g/3oz mixed candied peel, finely chopped
- 4 tbsp brandy, plus extra brandy for 'feeding' the cake
- 275g/10 oz plain flour
- ½ tsp grated nutmeg
- ¾ tsp ground mixed spice
- 400g/14oz butter, softened
- 400g/14oz dark muscovado sugar
- 5 free-range eggs
- 65g/2½oz whole almonds, chopped (skins left on)
- 1 tbsp black treacle
- 1 lemon, grated zest only
- 1 orange, grated zest only

To finish

- whole blanched almonds
 - glacé cherries, rinsed, dried and halved
1. Put the currants, sultanas, raisins, rinsed, dried and quartered cherries, snipped apricots and chopped mixed peel in a large bowl. Stir in the brandy, cover the bowl and leave in a cool place overnight.
 2. Lightly grease a 23cm/9 in deep round cake tin. Cut a strip of non-stick baking parchment to fit twice around the sides of the tin, fold the bottom edge of the strip up by about 2.5cm/1 in creasing it firmly, then open out the fold and cut slanting lines into this narrow strip at intervals. Put a circle of non-stick baking parchment into the base of the tin, lightly grease the outer edge and then fit the prepared strip of parchment with the snipped edge in the base of the tin to line the sides of the tin. Place a second circle of non-stick baking parchment in to cover the cut part of the paper.

3. Preheat the oven to 140C/275F/Gas 1.
4. Put the flour, grated nutmeg, mixed spice, butter, sugar, eggs, chopped almonds, black treacle and the citrus zest into a large bowl and beat well to mix thoroughly. Fold in the soaked fruits.
5. Spoon the mixture into the prepared cake tin and spread out evenly with the back of a spoon. Decorate the top with the whole blanched almonds and glacé cherries, pushing them lightly into the top of the cake mixture. Cover the top of the cake loosely with a double layer of greaseproof paper. Bake in the pre-heated oven for about 4¼-4¾ hours, or until the cake feels firm to the touch and a skewer inserted into the centre comes out clean. Allow the cake to cool in the tin.
6. When cool, pierce the cake at intervals with a fine skewer and 'feed' with a little splash of brandy. Once the cake is completely cold, leave the lining paper on the cake, wrap in a double layer of greaseproof paper and again in foil. Store in a cool, dry place for up to three months, feeding at intervals with more brandy.





Colouring sheet by John Stuart www.stushieart.com (lots more online)



Advent Lessons and Carols

Sunday, November 28

3:00 o'clock



Join us for an inspiring
candlelit service
to prepare our hearts
for the birth of the Christ Child
and the Season of Advent

Sunday in-person services 8am and 10am

Sunday online service

10am [Holy Eucharist live-stream](#)

Wednesday online service

8pm [Midweek Meditation](#)

Priest-in-Charge The Reverend Elizabeth Ruder-Celiz erceliz@vst.edu

Pastoral Care Team Coordinator Helen Kline

Altar Guild Susan Firus

Rector's Warden Judith Downes

People's Warden Maggie Sanders

Treasurer Donald Wood

Property Trustee Michael Dezell

Vestry Clerk The Reverend Karin Fulcher

Music Director Michael Dirk organist@sjs.net

Choir Director vacant

Children's Ministry vacant

Parish Administrator Janet Hamilton

PWRDF Rep Doug Symons

Verger/caretaker Regan Gorman 604 441 5399

Please email the office if you would like to have newsletters sent to you.

Newsletters, leaflets and online videos are posted on the website.

St John's Shaughnessy Anglican Church

Diocese of New Westminster

Anglican Church of Canada

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Offices are closed, but staff are working from home.

Email and voicemail are checked regularly and often, so please reach out.

We want to hear from you!

Cover: photo by John Stephens





I bring you good news of a
great joy which will come
to all the people; for to you
is born this day a Saviour,
Christ the Lord.
Luke 2.10-11

Christmas Services

Dec 24th

5:00pm Children's Service with Communion

10:00pm Christmas Eve Mass

Dec 25th

10:00am Sung Eucharist



St John's

SHAUGHNESSY

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