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In the name of the Father, Son and Holy Spirit





Advent Joy



"But the angel said to them, 'Do not be afraid. I bring you good news of great joy that will be for all people. Today in the town of David a Savior has been born to you; he is Christ the Lord"



The third week of Advent we remember the gift of Joy we have in Christ. We remember the joy that Mary felt when the angel Gabriel told her that a special child would be born to her - a child who would save and deliver all people. Joy is the gift we all receive from the unconditional love Christ has for us.



Loving God, we thank you for the joy you bring us. Help us prepare our hearts for the Lord's coming by helping us see that Christ came for every person we meet wherever we go. We ask this in the name of the one born in Bethlehem, Jesus our Lord.



OUR SHOPPING LIST

TINNED SOUP / CUP A SOUP

TINNED MEAT (CORNED BEEF, HAM, HOT DOGS, LUNCHEON MEAT)

TINNED FISH

RICE (MICROWAVEABLE)

INSTANT MASH / NOODLES

BISCUITS

CUSTARD / RICE PUDDING

**TEA BAGS** 

DEODORANT AND SHOWER GEL (MEN AND WOMEN'S)

TOOTHPASTE AND TOOTHBRUSHES





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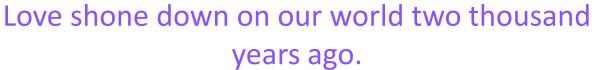


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Listen to the Song – The Gift While you listen reflect on the love and joy we celebrate at this time.

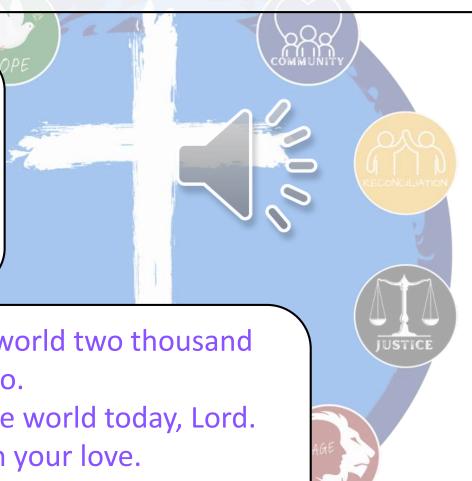


Help me bring love into the world today, Lord. Let me shine with your love.

St Joseph – Pray for us

St Teresa – Pray for us.









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For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16



Stillness Script - Click here

## BE

## Sinle

Spend a couple of minutes in silent reflection



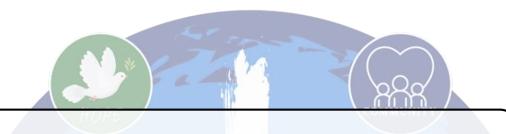
In the name of the Father, Son and Holy Spirit

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"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing,but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends."





## How are you going to show love this Christmas?

Will you speak kindly when your siblings annoy you? Are you going to volunteer to tidy up? Can you donate a tin or two to the food bank? Do your neighbours need a hand? Can you clean out the pet cage or walk the dog? Can you entertain your younger sister or brother?

On your heart, write what you are going to do this Christmas

