

CANA Advent Calendar 2021



29 cards to be cut out and folded in order to discover each day proposal to be lived as a family.

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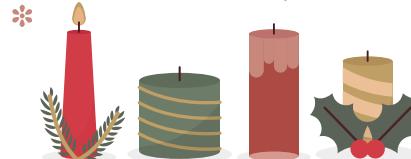
Write a good thing to each family member and put it under their pillow.

"I will come and cure him."
Mt 8, 5-11



28

Sunday



Light/colour the first candle of the Advent wreath.

A time of sharing as a family around a "drink", a meal or a snack: tell each other something you like during this Advent period (a smell, a dish, a film, a song, a book...) and write it down in a star that you can hang up in your house.

"There will be signs in the sun, the moon, and the stars"
Lk 21, 25-28, 34-36



30

Think of a hero/saint I would like to be and reflect on the qualities I have in common with them (at least 3). Share with your family about this.



"Follow me..."
Mt 4, 18-22



Sort out your wardrobe (games, clothes, etc.) and give them to a charity.

"I have compassion for the crowd...."
Mt 15, 29-37



Prepare a family prayer time by choosing a song and a text. Then say Thank you, Sorry, Please.

"Only the one who does the will of my Father in heaven"
Mt 7, 21. 24-27





3

Organize a family evening during which everyone takes care of a family member (hand, head or foot massage, face mask, etc.).

"According to your faith let it be done to you."
Mt 9, 27-31



4

Make Christmas decorations or any other object to hang on the tree. Offer them to your friends and family.

"Like sheep without a shepherd"
Mt 9, 35



5

Sunday

Light/colour the second candle of the Advent wreath.

Decorate the tree and the crib all together while listening to Christmas carols. Post a photo of the creche under the **Facebook post** of the day with the Hashtag **#ShareYourCrib**.

"Prepare the way of the Lord"
Lk 3, 1-6



6

Today is Saint Nicholas Day. **Offer chocolates or Christmas cakes** to a person in our neighbourhood.

"Stand up and walk"
Lk 5, 17-26



7

Tell your family your best Christmas memory.

"He rejoices over it"
Mt 18, 12-14



8

Take a time of prayer in family around the Christmas tree. Today for this feast of Mary, the people of Lyon (France) put a lighted tea lights on their window and say THANK YOU, MARY. Video explanation [here](#) (add subtitles).

"Greetings, favored one!"
Lk 1, 26-28

9



Take out the books on Christmas from the shelves and read some of them.

"Let anyone with ears listen!"
Mt 11, 11-15

11



Watch a movie as a family: "The greatest showman" (with teenagers), "The Christmas Star" (8-11 years old), "Narnia", "The Polar Express"...

"Elijah has already come"
Mt 17, 10-13

10



Thinking about someone you love.
Write him a card or a message.

"Yet wisdom is vindicated by her deeds"
Mt 11, 16-19

12

Sunday



Light/colour the third candle of the Advent wreath.

Look at the family photos (grandparents, uncles, aunts, cousins, etc.) and tell a story or a memory about each one.

"He will baptize you with the Holy Spirit and fire."
Lk 3, 10-18

13



Listen to Christmas carols and learn one or two.

"By what authority are you doing these things?"
Mt 21, 23-27

14



Ask another family member for forgiveness for an attitude you regret.

"Which of the two did the will of his father?"
Mt 21, 28-32

15



Make Christmas biscuits and give it to our neighbours.

"Are you the one who is to come?"
Lk 7, 18b-23

16



Say a word of blessing to each other and give a hug of at least 20 seconds to one or more family members.

"See, I am sending my messenger ahead of you, who will prepare your way before you."
Lk 7, 24-30

17



To become aware of the Incarnation of Jesus who became a man and experienced his 5 senses, like us: to taste a spoonful of honey by mobilizing one's senses (to look, to smell, to close one's eyes, to become aware of the taste, of the texture, to feel its sweetness).

"Jacob the father of Joseph the husband of Mary, of whom Jesus was born"
Mt 1, 1-17

18



Dad prepares an activity (sport, play, manual...) to experience as a family.

"Joseph took her as his wife"
Mt 1, 18-24

19

Sunday

Light/colour the fourth candle of the Advent wreath.

Go together to contemplate the Christmas lights in the neighbourhood and see the nativity creche in the church.

"The child leaped in her womb"
Lk 1, 39-45

20



Find together 3 concrete actions to do in 2022 to take care of the planet:

limit your waste, simplify your cupboard, recycle your leftovers, avoid packaging... Write them down to remember them throughout the year.

"For nothing will be impossible with God"
Lk 1, 36-38

21



Gather around the creche and **tell the story of each child's birth.**

"And why has this happened to me, that the mother of my Lord comes to me?"
Lk 1, 39-45

22



Each person will search the house for an object that positively represents each member of the family, and then explain the reason for your choice.

"He Mighty One has done great things for me"
Lk 1, 46-56

23



Make small cards with everyone's names for the table Party.

"For, indeed, the hand of the Lord was with him."
Lk 1, 57-66

25



Celebrate Christmas!
Take a nice family photo in front of the creche.

"In him was life, and the life was the light of all people."
Jn 1, 1-18

24



To prepare for the family Mass of the Nativity of the Lord, **take a time of prayer and sharing** on the Gospel according to Saint Luke 2, 15-20.

"To guide our feet into the way of peace."
Lk 1, 67-79

26



Review as a family what we have experienced during Advent, thinking particularly of this calendar: what did I like? What touched me? What would I like to see done more often?

"His mother treasured all these things in her heart"
Lk 2, 41-52