

2023

A MULTICULTURAL GUIDE  
TO LITURGICAL LIVING



Advent

The Office of Multicultural Ministries  
Catholic Diocese of Arlington



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# Introduction

*A note from the author*

On September 29th, 2023, Catholics across the country were celebrating the Feast of the Archangels. Browsing social media, I saw friends, Catholic influencers, speakers, and Catholic media were leaning into the celebration, embracing liturgical living and traditions.

Specifically... carrots. Everyone was eating carrots.

I was shocked at how many people were intentionally including carrots in their family's meals that day. But most of all, I loved how simple it was. There is no need to do anything complicated, no need to spend a ton of money. Just throw some carrot sticks on a plate, and done! The reasons why, according to my deep-diving search online (i.e. I read two blogs) seem to vary, yet the tradition stands.

Inspired by this, and thinking that, well, liturgical living is for *everyone, everywhere*, there *must* be ways someone can combine their culture with liturgical traditions. And surely, there are distinct cultural traditions that already exist to celebrate holidays and feast days that people are not aware of! So what is a Director of Multicultural Ministries to do with this? Apparently, she creates an extensive booklet filled with ideas to maximize your Advent season while inviting you to embrace traditions from around the world, allowing you to approach Advent both globally and hyper-locally, including events happening in parishes across the diocese, featuring reflections written by those who reside right here.

I also wanted it to be accessible. Sure, you may come across a complicated soup recipe (hint: you will), but maybe you don't have the time or resources to do that. Worry not, this guidebook is filled with *FREE* events, prayers, *FREE* downloadables, and simple ideas to incorporate into each week. Pro tip: read the whole booklet first and jot down things you want to try on the *FREE* cut-out calendar.

And to think it all started because of some carrots.

*By Bridget Wilson, Director of Multicultural Ministries*

# *What is Advent?*

Advent, from "ad-venire" in Latin meaning "to come to" or "to come toward", is the beginning of the New Liturgical Year in the Roman Catholic Church. During Advent, we reflect on the return of the Lord at the end of time and we await the arrival of the Christ Child, preparing for His birth on Christmas Day. There are many ways one may prepare during this season, embracing long held traditions within the Church, and incorporating many cultural traditions from around the world. You can live out the Season of Advent in many ways, from the prayers you say to the food you eat.

In 2023, the Season of Advent begins Sunday, December 3, and lasts until Sunday, December 24, Christmas Eve. This guidebook is intended to be used during this time. As you read through the guidebook, you will find a number of resources to accompany you through the season, including:

- Prayers, like the Advent Wreath traditions and St. Andrew Prayer
- Reflections written on the Advent themes of Hope, Peace, Joy and Love.
- Significant feast days
- Recipes made during the season of Advent that were submitted by members of the Diocese.
- Local events and initiatives to participate in
- Downloadable activities and crafts

This guidebook is made possible by the Office of Multicultural Ministries, Catholic Diocese of Arlington, in collaboration with the Diocese of Arlington Golden Jubilee Planning Committee, as a way to fully embrace our Diocesan Golden Jubilee Year, throughout each liturgical season. For more information on the Golden Jubilee, visit: [www.arlingtondiocese.org/jubileehome](http://www.arlingtondiocese.org/jubileehome)

# Advent Wreath Prayers

A tradition dating back to 16th century Germany, the Advent Wreath has been a staple in many homes of Christians throughout the world during the season of Advent. The wreath typically consists of four candles, three violet and one rose, representing the four weeks of Advent, lighting a new candle each Sunday. Every night, the appropriate candles are lit and the household comes together to pray.

To accompany each week, reflections are written corresponding with the theme of that week's candle: Hope, Peace, Joy and Love. These reflections are written by those who live within the Diocese of Arlington, representing various vocations and cultural backgrounds.

Scan the QR Code below to be directed to suggested Advent Prayers and reflections for each day of Advent, available through the Eternal Word Television Network:



Or type in  
[www.ewtn.com/catholicism/reflections/advent](http://www.ewtn.com/catholicism/reflections/advent)  
on your browser



Week 1

# *Finding What to Do: Advent Hope*

When you have to wait for something you want very intensely, time seems long. Then you must find what to do. By occupying the mind, the heart focuses on what is immediate and important. Thus, interior renewal happens through a “refocusing” of attention on the priorities that are valued.

Patiently waiting for the Savior, for the merciful love of the Father, immediately unites us to Himself because He fulfills all the needs within us and perfects everything we lack to live in true fullness in our lives here and now.

A complete surrender, like that of the saint friends of God, will help us prepare for the coming of Jesus Christ, the Savior, through whom we live, move and have our being. May Saint Francis Xavier, whose feast is December 3, encourage us to love God with all our hearts, and inspire hope in all of us during the season of waiting and renewal.



*By Fr. Juan Puigbó, Pastor, St. Leo the Great Catholic Church  
in Fairfax, VA*

*Sunday, December 3*



Feast of St. Francis Xavier, co-founder of the Society of Jesus, and a missionary from Spain. Known as the "Apostle of the Indies", "Apostle of the Far East", "Apostle of China" and "Apostle of Japan", he is-considered to be one of the greatest missionaries since St. Paul. Included in his long list of patronages is "African Missions". In the Diocese of Arlington, several African Catholic Communities meet regularly for Mass and other cultural events. One example is the Ghanaian Catholic Community, who meet weekly for Mass at St. Mary of Sorrows in Fairfax, Virginia. In honor of St. Francis Xavier's feast day, consider attending Mass with them, making it your "mission" to encounter cultural communities and experience their rich faith traditions.

**Mass time: 1:30 PM at St. Mary of Sorrows (Main Church) every Sunday. All are welcome.**

*Monday December 4*

Did you know that December 4th is "National Cookie Day"? While not a distinctly cultural holiday, you can embrace other cultures from around the world by trying out a new cookie recipe! Considering trying out one of the suggestions below:

- 1) "Calcionetti" an Italian cookie traditionally served during Christmas. Recipe submitted by Anthony Fazio, parishioner of Nativity Catholic Church in Burke
- 2) "Mochi", submitted by Deacon Marques Silva, St. Leo the Great, is a Hawaiian twist on a Japanese recipe. Bonus points: you can make this in the microwave!

*All recipes can be found in the "Recipe" section of the guidebook.*



*Wednesday, December 6*

Feast of St. Nicholas, a bishop from Myra in Asian Minor (modern day Turkey). The story of St. Nicholas and the miracles he performed are known far and wide, and most notably, he is known for his secret gift giving, lending to the rise of the Santa Claus tradition. Many cultures have their own version of St. Nicholas, Santa Claus, and other gift-givers. Those versions include:

- Père Noël, France
- Sinterklaas, The Netherlands
- Mikulás, Hungary
- Dun Che Lao Ren, China
- Los Reyes Magos, Spain
- La Befana, Italy
- Hoteiosho, Japan
- Belsnickel, Germany
- Amu Nowruz, Iran

It is clear that all over the world, there is cause to celebrate heroic and benevolent figures through gift-giving and generosity.

On the feast of St. Nicholas, there are many traditions to embrace. Children typically leave out a shoe on the eve of St. Nicholas Day, waking up the next morning to find it is filled with small gifts, like coins, candy and oranges. The oranges are symbolic of the gold St. Nicholas gave to those in need.

Perhaps the most significant way to honor the legacy of St. Nicholas is through random acts of kindness and generosity. Consider small ways throughout the day you can gift a neighbor or stranger. Or, contact Catholic Charities in the Diocese of Arlington to learn the needs of those struggling during the holidays and find ways your household can contribute, in time, talent, or treasure.

Visit [ccda.net](http://ccda.net) to learn more, or call 703-841-3830.



*Friday, December 8*

## *Solemnity of the Immaculate Conception*

On December 8, annually, we celebrate the Solemnity of the Immaculate Conception, celebrating Mary's conception without original sin. It is one of the most important dates on the liturgical calendar, and is a *holy day of obligation*, meaning that faithful are required to attend Mass.

Before God became man, he first prepared his mother, creating her pure. This was defined dogmatically by Pope Pius IX in 1854.

It is, by pontifical decree, the patronal feast day of Argentina, Brazil, Chile, Italy, Korea, Nicaragua, Paraguay, the Philippines, Spain, the United States, and Uruguay.

There are many ways one can honor Our Lady today, in addition to attending Mass:

- Pray the Litany of Loreto
- Hold a Marian Procession with your household using images of Our Lady you may have in your home
- Pray the Rosary
- Reflecting on Mary's purity, clean an area of your home that has been neglected
- Go to confession
- Eat foods in "Marian" colors like blue or white, or symbolic of Our Lady (blueberries, rosemary, stuffed peppers)
- Put out flowers for Our Lady, like lilies, roses, marigolds, or periwinkle.
- Learn more about Our Lady via the Arlington Diocese Jubilee website from Year II, where the year focused on Mary:  
[www.arlingtondiocese.org/rejoice](http://www.arlingtondiocese.org/rejoice)



*Friday, December 8*

*Solemnity of the Immaculate Conception*

Typically, Catholics are asked to refrain from meat or choose another form of penance on Fridays throughout the year, but when a solemnity falls on Friday, the observance is lifted (Can. 1251). So, consider trying out one of these recipes that include meat:

- 1) "Pho", a warm and delicious soup from Vietnam, perfect for a cold day. Recipe submitted by Sarah Nguyen, parishioner of Holy Martyrs of Vietnam Catholic Church in Arlington
- 2) "Italian Sausage and Peppers" from the Abruzzo region of Italy, submitted by Harriet Passarelli, parishioner of Nativity Catholic Church in Burke

*All recipes can be found in the "Recipe" section of the guidebook.*

Above all, make sure you get to Mass! Scan the QR code below to find Mass times/locations near you. Many parishes offer convenient times, including a Vigil Mass the night before, and early morning or late evening options the day of.

Please confirm the Mass time listed here with the respective parish:



Or, type in [MassTimes.org](https://www.MassTimes.org) on your browser.

*Saturday, December 9*

Feast of St. Juan Diego Cuauhtlatoatzin, from Mexico.

On the morning of December 9, Juan Diego was on his way to Mass when the Blessed Mother appeared to him as an Aztec woman on Tepeyac Hill, outside of present day Mexico City, Mexico. She asked him to go to the local bishop and request that a shrine be built in her name on that hill. The bishop, not believing Juan, asked for proof of the apparition. On December 12, Juan returned to Tepeyac, where Our Lady asked him to climb the hill and pick flowers. Although it was winter and flowers should not have been in bloom, Juan found roses flowering. He picked the roses, and Our Lady placed them in his mantle, and he took them to the bishop as proof. As he opened his mantle to show the flowers, he revealed the miraculously imprinted image of Our Lady who had appeared to him. Now known as Our Lady of Guadalupe, her shrine was erected and the mantle on which she appeared is displayed for veneration. St. Juan Diego remained near the shrine, as a hermit, caring for the church and pilgrims as they arrived.



Week 2

# Advent Peace

“Often in our busy, hectic, secular lives, it is difficult to find peace, true inner peace! I have always struggled to find and maintain true inner peace. That is why I found it ironic when I was asked to write a reflection on Advent Peace. However, finding inner peace is not impossible! When we turn our focus to our Lord Jesus Christ, the Prince of Peace, and when we live by His example, we can find inner peace and allow it to live in our hearts forever.

My husband and I have enjoyed the many gifts that come with being the parents of four beautiful and very active children! However, over the years there have been many times when peace was disrupted in our family. Truth be told it was often when big events were scheduled and we found ourselves lacking time, financial resources, and simply being overscheduled. Preparing for Christmas was a huge trigger for our family when it came to losing that inner peace in our home. Just when things would begin to get stressful, the Second Week of Advent's focus on Peace would come to the rescue! Changing my mindset and focusing more on Advent Peace, reminded me that we need to be preparing our hearts for the birth of Jesus, the second coming, and the Christmas season, not Christmas day!

The second week of Advent and remembering the scripture passage, “peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid” (John 14:27) gave me the presence of mind I needed to shift my focus and allow peace to take hold of my heart.

When I truly found that inner peace, I realized I was able to be fully present with my family, my students, my coworkers, and everyone I met throughout the day. Being fully present with all the important people in my life brought me peace, but more importantly, the peacefulness spread. The chaos drifted and a sense of calm resonated throughout all areas of my life.

I wish you an abundance of Christ's peace this Advent season. I will pray that Christ's peace will invade your heart, making it ready to receive our Lord, Jesus Christ, the Prince of Peace, more fully this Christmas season!

*By Robin Williams, Principal of Our Lady of Good Counsel Catholic School*

*Sunday December 10*

Feast of St. Peter Duong (also called Pierre), a Vietnamese martyr canonized by Pope John Paul II. He served as a catechist, and is one of the 117 Vietnamese Martyrs. Though not much is known about the life of St. Peter Duong, he and his brothers and sisters are venerated by Vietnamese Catholics around the world.

The Diocese of Arlington is home to Holy Martyrs of Vietnam Catholic Church in Arlington, the first established Vietnamese Catholic Church in the United States, founded in 1997. Scan the QR code to learn more about the parish and its history



In addition to Holy Martyrs of Vietnam, the Diocese of Arlington established Our Lady of La Vang Mission. As a mission, they meet at St. Veronica in Chantilly for Sunday and daily Mass, prayer groups, cultural celebrations and more.

Learn more about the mission by scanning the QR code:

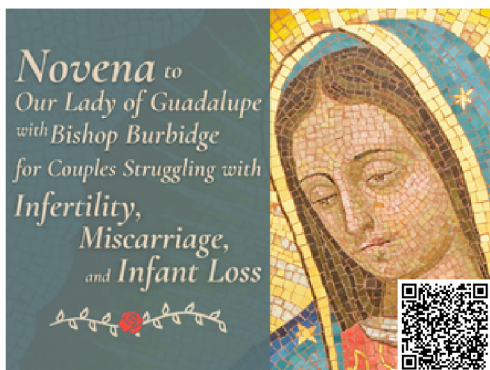


To honor St. Peter Duong and all the martyrs, consider attending Mass with the Vietnamese community in either location. You may also enjoy the pho recipe, found in the Recipe section, as it is a popular Vietnamese dish.

*Tuesday, December 12*

Feast of Our Lady of Guadalupe, patroness of Mexico and the Americas. In the Diocese of Arlington, there are many opportunities to celebrate this feast day.

Some events and initiatives are listed below. Scan the QR codes to learn more! *Note some dates fall before the feast day.*




*Novena to  
Our Lady of Guadalupe  
with Bishop Burbidge  
for Couples Struggling with  
Infertility,  
Miscarriage,  
and Infant Loss*

The poster features a mosaic-style image of the Virgin Mary with the Child Jesus, set against a dark green background. A QR code is located in the bottom right corner of the poster.

*The Office of Marriage, Family and Respect Life offers a novena to Our Lady, beginning on December 4 and ending on December 12. You can have daily prayers sent to your phone.*

*Text “novena23” to 84576 to sign up*

*On December 5, join a presentation by Steve Hemler and Tony Gilbert of the Catholic Apologetics Institute of North America on Our Lady of Guadalupe. The event will be held at St. Agnes in Arlington at 7:30 PM*



*The Significance and Science  
of Our Lady of Guadalupe*

The poster features a traditional painting of the Virgin Mary with the Child Jesus, set against a golden background. A QR code is located in the bottom left corner of the poster.

Other ways you can celebrate:

- Attend a Mass in Spanish
- Enjoy authentic Latin cuisine, like tamales or Mexican Wedding Cookies
- Decorate with roses, or bring roses to a statue of Our Lady at your parish

Hosted by Hispanic Ministry, Diocese of Arlington, "Canitas Doradas" is celebrated in honor of Our Lady and provides joy and gifts to the elderly in our community.



CELEBRACIÓN

# CANITAS Doradas



*El Pueblo que andaba a oscuras,  
vió una luz grande. Los que vivían  
en tierra de sombras, una luz brilló  
sobre ellos" Isaías 9:1-2*

CENTRO DIOCESANO  
80 N. GLEBE ROAD  
ARLINGTON, VA 22203

**9 DE DICIEMBRE, 2023  
DE 11:00A.M. A 2:00P.M.**

ESTA ES UNA CELEBRACIÓN  
EXCLUSIVAMENTE PARA  
PERSONAS DE LA TERCERA EDAD

**SI GUSTA DONAR UN REGALO PARA ESTA LINDA CELEBRACIÓN  
FAVOR DE TRAERLO A NUESTRA OFICINA  
ANTES DEL 2 DE DICIEMBRE**

**FAVOR CONFIRMAR SU ASISTENCIA LLAMANDO A:  
OFICINA DEL APOSTOLADO HISPANO  
200 N. GLEBE ROAD, SUITE 800  
ARLINGTON, VA 22203  
(703)841-3891**



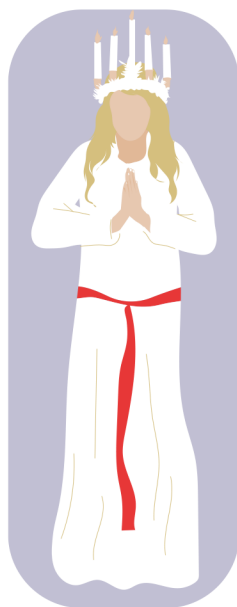
## *Wednesday December 13*

Feast of St. Lucy, a martyr from the early-4th century, patron of the blind and those with eye troubles. Devotion to St. Lucy is popular worldwide, but especially in Italy and Scandinavia. According to the traditional story, St. Lucy was of noble birth, and was betrothed to a pagan. Because Lucy was a devout Christian, she pleaded with her mother to cancel the wedding, and her mother obliged. When her suitor found out about her Christian faith, illegal during this time, he reported her to the authorities and they made multiple attempts to take her life, including removing her eyes, which were miraculously restored. She did not die until she received Last Rites.

In Scandinavian countries, she is referred to as Santa Lucia, and is pictured as a young woman in white dress and a red sash, wearing a wreath of candles on her head. In some stories, St. Lucy is known as traveling down into the catacombs of Rome, and so the decision to wear candles on her head was practical, lighting her path while freeing both her hands to carry supplies.

Traditional ways to celebrate the feast day:

- Make a crown with a wreath and candles
- Bake “St. Lucy buns”, sweet saffron-flavored breakfast buns, with two raisins added to represent her eyes!
- In some homes, the oldest daughter is assigned to play St. Lucy, adorning the costume if possible, and serving the family coffee, buns, and other baked goods.
- In your prayer intentions, include those who are experiencing blindness or loss of vision
- Put lights on your Christmas tree



Friday December 15



**SATURDAY, DECEMBER 16TH**  
at 7:00 PM

**Sacred Heart Catholic Church**  
12975 Purcell Rd, Manassas, VA 20112

**MOST REV. MICHAEL F. BURBIDGE**  
Bishop of Arlington  
Main Celebrant & Homilist

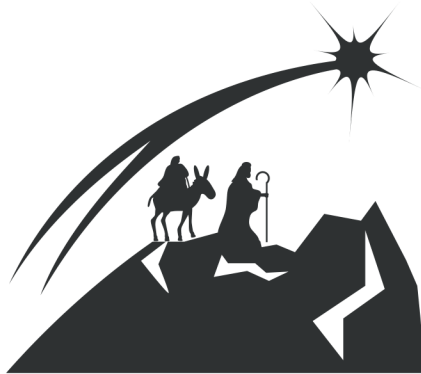
Simbang Gabi is a 400 year old Filipino tradition, and in the Diocese of Arlington it begins the evening of December 15 and ends the morning on December 24. Simbang Gabi honors the journey Mary and Joseph made to Bethlehem. It is celebrated in parishes across the diocese, and by traveling night after night, faithful may participate in that journey with Mary and Joseph. , Most Masses include a reception or “salu-salo” after where all may gather for food and fellowship.

All are welcome to attend. Please scan the QR code above or visit [www.arlingtondiocese.org/SimbangGabi](http://www.arlingtondiocese.org/SimbangGabi) to learn more.

*Saturday, December 16*

*“One of the most special and unique traditions ... for Christmas is the famous Posadas, which symbolizes the memory of the biblical story in which Joseph traveled to find a place where his wife, the Virgin Mary, could give birth to the Christ Child. This celebration includes traditional songs, a pilgrimage with typical costumes and figures of Joseph, Mary and Jesus, and the prayers corresponding to this religious tradition of El Salvador, from December 16 to 24, ending with the Christmas Mass.”*

Description provided by Marlene Orellana-Zelaya, Program Specialist for the Office of Hispanic Ministry



Week 3

# Advent Joy

“I have told you these things so my joy may be within you and your joy may be complete” (Jn. 15:11). We are preparing for the Lord’s coming this Advent season. He tells us in this Scripture verse to prepare completely, to reflect on joy. We reflect on it as a fruit of hope, a bridge to peace and love, as well as the manifestation of unity.

Joy is a fruit of hope which is the reason it is the first week of Advent preparation. It is what we should be rooted in while preparing for the Christ child. St. Thomas Aquinas defines Joy as the conscious embrace of the good and hope as trusting that God will provide everything that we need to get to heaven. So, the first thing we need to do is to make sure we keep our focus on the greatest good, which is heaven. This is crucial to joy and encouraging it to bloom in our lives.

Next, we see that joy is a bridge between peace and love as it the connection between the two Advent topics during Advent (Weeks 2 and 4) in addition to life. Finding and embracing the good, i.e. joy, in everything allows us to see God in everything. In seeing His plan in everything, we allow ourselves to have peace. Peace is not the absence of problems, but the embrace of God within those problems. It settles us to rest in the loving arms of Our Blessed Mother and the Heavenly Father just like the Christ child. The embrace of God allows our hearts to be peaceful and overflow with His love to others which leads to love.

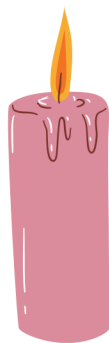
Love connects us to the last aspect which is unity. When we are “in joy” we can come together and enjoy each other’s company. We can laugh together, talk together, and eat together. We realize we are companions on a journey and each have something unique to bring to the table. This is especially important in view of all the wonderful cultures within our diocesan Church. Thus, the table is filled with joy and this is the table where our Lord wants us to dine. As the book of Revelation says, “Behold, I stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me” (Rev. 3:20). This Advent, let us open the door of our hearts to joy and in doing so our joy will be complete.

*By Deacon Gerard-Marie Anthony, Holy Trinity Catholic Church  
in Gainesville, VA*

*Sunday, December 17*

*Gaudete Sunday*

The third Sunday of Advent is Gaudete Sunday. Gaudete, meaning “rejoice!” is the first word of the entrance antiphon for Mass, where priests adorn rose colored vestments, celebrating that we are halfway through Advent. The rose, or pink, candle on the Advent wreath is lit this week, reflecting on the Joy of Advent and new life to come by way of the Christ Child. Also called “Bambinelli Sunday”, children may be invited to bring baby Jesus forward for a blessing, a old Vatican tradition growing in popularity in the United States.



On Gaudete Sunday, consider the following traditions:

- Wear pink or rose to Mass
- Bring a baby Jesus figurine to be blessed by a priest after Mass
- Set up your manger, intentionally excluding the baby Jesus until Christmas day
- Bake a meat pie, empanadas, or chicken pot pie (they represent a manger!)
- Light the pink candle on your Advent wreath and read the associated prayers



As you enter into this last full week of Advent, remember, it is not Christmas yet! Be sure to set aside time for quiet prayer, reflecting on the coming of our Savior, Jesus Christ. Try to take at least one day this week to rest, find time to visit Jesus in the tabernacle, do spiritual reading or journal, and be present with the Lord, because during this season of waiting, He is waiting for you!

Week 4  
*Advent Love*

“The Fourth Sunday of Advent fills us with anticipation: Jesus is coming! Jesus is coming! Who is this Jesus whose coming we eagerly await? In the Gospel for the Fourth Sunday of Advent, we hear of the gift Mary receives in conceiving Jesus. Jesus is “the desire of all human hearts” (Fourth Sunday of Advent, Evening Prayer I, Antiphon 1); he will come forth on Christmas morning as “the bridegroom from his bridal chamber” (Christmas Day, Office of Readings, Antiphon 2). Heaven weds earth in the Person of Jesus Christ, true God and true Man.

The birth of Christ ushers us into a liturgical “season of love.” In the First Week, or Octave, of Christmas, we hear First Readings from the Gospel according to John, the Beloved Disciple, whose Feast we celebrate on December 27 and who teaches us that “God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life” (Jn. 3:16). What a gift!

St. John also tells us that “we have come to know and to believe in God’s love for us” (1 Jn. 4:16). How do we know this love? Through Jesus Christ: “The way we came to know love was that he laid down his life for us” (1 Jn. 3:16). Jesus laying down his life for us reminds us of St. Paul’s description of Jesus’ self-emptying love: “coming in human likeness; / and found human in appearance, / he humbled himself, / becoming obedient to death, even death on a cross” (Phil. 2:7-8). This verse reveals that the Incarnation and the Paschal Mystery are two dimensions of the same reality, which the Collect Prayer for the Fourth Sunday of Advent also states in words familiar to those who pray the Angelus: “Pour forth, we beseech you, O Lord, / your grace into our hearts, / that we, to whom the Incarnation of Christ your Son / was made known by the message of an Angel, / may by his Passion and Cross / be brought to the glory of his Resurrection.” Yes, Jesus laid down his life for us on the Cross. He also laid down his life for us by becoming man, “a man like us in all things but sin” (Fourth Eucharistic Prayer; cf. Heb. 4:15), sharing our joys and sorrows, drawing near to us as Emmanuel. God-is-with-us is because God-is-love.

How do we respond to this love? Jesus teaches us clearly: “This is my commandment: love one another as I love you. No one has greater love than this, to lay down one’s life for one’s friends” (Jn. 15:12-13). During the Octave of Christmas, we also celebrate the witness of martyrs (St. Stephen, the Holy Innocents, and St. Thomas Becket) who shed their blood out of love for Christ: “so we ought to lay down our lives for our brothers” (1 Jn. 3:16). As we draw closer to celebrating the Birth of Love, may our hearts burn with true love for God and our neighbor, and may this love fill all homes and families in our Diocese and throughout the world.

*By Sister Judith Gebelein, F.S.E., and Sister Marie Benedict Elliott, F.S.E.*

# Advent Markets

*Across the Diocese*

Advent Markets (also called Christmas Markets or Bazaars) are based on the “Adventmarkts” that were popularized in German speaking parts of Europe in the late Middle Ages. This joyful attraction features crafts, gifts, and food during the four weeks of Advent and is a popular stop for gifts to handout at Christmastime. The following are a few parishes hosting an Advent Market\*:

St. John the Baptist Front Royal, VA	Saturday, November 25, 2:00 PM to 7:00 PM Sunday, November 26, 8:00 AM to 2:00 PM
St. Leo the Great Fairfax, VA	Saturday, December 2, 10:00 AM to 3:00 PM
St. Luke McLean, VA	December 2, after the 5:30 PM Vigil Mass December 3, after all Sunday Masses
St. Patrick Fredericksburg, VA	Sunday, December 3, 8:00 AM to 2:00 PM
St. Rita Alexandria, VA	Sunday, December 3, 11:00 AM to 3:00 PM



*\*Please contact parish for more details*

# St. Andrew Prayer

*Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires through the merits of Our Savior Jesus Christ, and of His blessed Mother.*

*Amen*



The “novena” to St. Andrew begins on his feast day, November 30th, and concludes on Christmas Eve. It is an exception to typical novenas that last only nine days, and is prayed 15 times a day for 25 days, ending on Christmas Eve. At the conclusion of the novena, it is a pious belief that those who pray the novena will obtain the favor requested.

Find out more about the St. Andrew Novena from Hallow:  
[www.hallow.com/blog/how-to-pray-the-st-andrew-christmas-novena](http://www.hallow.com/blog/how-to-pray-the-st-andrew-christmas-novena)



# DOWNLOADABLES

## *Seasonal Activities and Crafts*

### Jesse Tree

An Advent devotional, the Jesse Tree tradition is inspired by Isaiah 11:1:

“But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom.”

Each element of the Jesse Tree aids in telling the story of the ancestors of Jesus Christ, beginning with Adam and Eve and ending with the Christ Child. You are invited to scan the code below to access free downloadable Jesse Tree ornaments.



### The “O Antiphons” of Advent

A tradition dating back as early as the 7th century, the O Antiphons have been a part of evening prayer and daily Gospel acclamations, said during December 17-23. Each antiphon provides vivid imagery, proclaiming the coming of Christ. You are invited to scan the code below to access free downloadable “O Antiphons” to reflect on.



# RECIPES

All recipes included in the guidebook were submitted by the individual and used with permission to appear in the Diocesan cookbook, “Gather At the Table: Multicultural Cooking for Liturgical Living”. Inclusion in this guidebook is intended for promotional purposes.

To access the recipes referenced in this guidebook and learn more about the cookbook project, scan the QR code below:





# AT A GLANCE

## *Feast Day Calendar*



December 3	St. Francis Xavier (Spain)
December 6	St. Nicholas (Turkey)
December 8	<b>Solemnity of the Immaculate Conception*</b>
December 9	St. Juan Diego (Mexico)
December 10	St. Peter Duong (Vietnam)
December 12	Our Lady of Guadalupe (Mexico)
December 13	St. Lucy (Italy)
December 18	St. Moses/Moysetes** (North Africa)

*\*The Solemnity of the Immaculate Conception is a  
Holy Day of Obligation.  
Observance begins the evening before with a vigil Mass.  
Check your parish for available Mass times.*

*\*\* A saint in the Eastern Orthodox liturgical calendar*

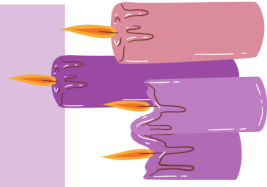




# ADVENT 2023

DECEMBER 3 - DECEMBER 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 St. Francis Xavier 1st Sunday of Advent	4	5	6 St. Nicholas	7	8 Solemnity of the Immaculate Conception	9 St. Juan Diego
10 St. Peter Duong 2nd Sunday of Advent	11 St. Moses	12 Feast of Our Lady of Guadalupe	13 St. Lucy	14	15 "Simbang Gabi" begins at sundown	16 "Los Posadas" begins
17 Gaudete Sunday 3rd Sunday of Advent	18	19	20	21	22	23
* 24 <b>Christmas Eve</b> 4th Sunday of Advent	* "Los Posadas" ends "Simbang Gabi" ends at sunrise					





*Are we missing anything?*

Contact us and let us know if we can include your traditions, recipes or parish, ministry, or school event or initiative in future guidebooks!

Email us at [mcm@arlingtondiocese.org](mailto:mcm@arlingtondiocese.org)



This guidebook is a project of the Diocese of Arlington's Golden Jubilee, Multicultural Sub-Committee.

If you would like your seasonal and cultural events, traditions, feasts, or more, included in future booklets please reach out to us at: [mcm@arlingtondiocese.org](mailto:mcm@arlingtondiocese.org)

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