

ADVENT-IN-A-BOX GUIDEBOOK

SAMPLE
WEEK



FERNCLIFF

OLDER ADULT EDITION

HOPE

LIGHT THE ADVENT WREATH

Gather around the advent wreath (after you've made it in the Make Your Own Advent Wreath activity!).

Light one purple candle and read the following:

God of Hope, thank you for your promises.

Help us to look for your light in the darkness.

Blow out the candle!

QUESTIONS FOR REFLECTION

- Advent happens in the darkest time of the year. Do you ever find yourself waiting for the light to come?
- What are you hoping for? What brings you hope?
- What burdens you? What "yoke" do you want shattered?
- "As on the day of Midian" refers to their battle for independence from Midian. Burning their war uniforms showed they were done with fighting and would not need them anymore. When have you "burned a uniform" and moved past fighting?
- Have you ever been excited waiting for the birth of a child?
- When have you not merely waited but waited with hope? What is the difference?
- How do you praise the Lord? How do you experience hope in God?

SCRIPTURE FOR THIS WEEK

Isaiah 9:2-7

The people walking in darkness have seen a great light.

On those living in a pitch-dark land, light has dawned.

You have made the nation great;

you have increased its joy.

They rejoiced before you as with joy at the harvest,
as those who divide plunder rejoice.

As on the day of Midian,
you've shattered the yoke that burdened them,
the staff on their shoulders,
and the rod of their oppressor.

Because every boot of the thundering warriors,
and every garment rolled in blood
will be burned, fuel for the fire.

A child is born to us, a son is given to us,
and authority will be on his shoulders.

He will be named

Wonderful Counselor, Mighty God,
Eternal Father, Prince of Peace.

There will be vast authority and endless peace
for David's throne and for his kingdom,
establishing and sustaining it
with justice and righteousness
now and forever.

The zeal of the Lord of heavenly forces will do this.



ADVENT ACTIVITIES OF HOPE



CHECK OFF THE ACTIVITIES AS YOU FINISH THEM!



Make your own Advent Wreath - See the instructions on the following page to make a mini advent wreath for your home.



Hope - Read the Scripture for the Week. Consider the questions for deeper reflection. Light the Advent Wreath and say the prayer.



Memories of Christmas Past - What do you like best about the holiday season? Recall the first Christmas you can remember. Think back on different ways you've celebrated Advent & Christmas. What are some of your favorite traditions for this time of year? What do you want to make sure you do this year? Consider calling a family member, friend or neighbor and sharing your answers with them.



The Days of Advent Coloring Poster - Starting on December 1st, you're invited to color in one number of the **Days of Advent Coloring Poster** each day. Color in each of the sections with that number!



The Sounds of Advent - Check out the difference between a Christmas Carol, a Christmas song, and an Advent Hymn. Then listen to one of each!



Sponge Print Cards - Cut **blank cardstock** in half, then fold to prepare your cards. Cut the **sponges** into shapes using the **Advent Shape Patterns**. Pour some **paint** into a shallow dish and dip sponge into paint, then press on cardstock. Let dry fully. Write messages to family and friends far away. Share with them your hopes for this holiday season and next year. Make a few extras - one for your postal worker, one for a healthcare worker, and one for a church near you. They'd love to hear from you! *For extra fun, use your sponge print on bigger paper to make your own wrapping paper print!*



Ornament Craft - Check out the Ornament Craft page for this week's craft!



Optional Recipe Challenge - Consider making this week's recipe challenge!



OPTIONAL RECIPE CHALLENGE

HOT CHOCOLATE MIX

INGREDIENTS (Makes 5 Mugs of Hot Chocolate)

- 1 cup powdered milk or instant nonfat dry milk
- 1/2 cup unsweetened cocoa powder
- 1 cup confectioners sugar

DIRECTIONS

- Sift confectioners sugar into a large bowl, getting rid of any clumps. Sift in cocoa powder.
- Stir in powdered milk. Whisk together until well combined.
- Place 1/2 cup of mix into a mug and add 1/2 cup of hot water. Enjoy!

MULLED CIDER

INGREDIENTS (Makes 1 Gallon of Mulled Cider)

- 1 gallon apple cider
- 1 orange, sliced
- 6 whole cinnamon sticks
- 1 apple, sliced
- 5 whole cloves

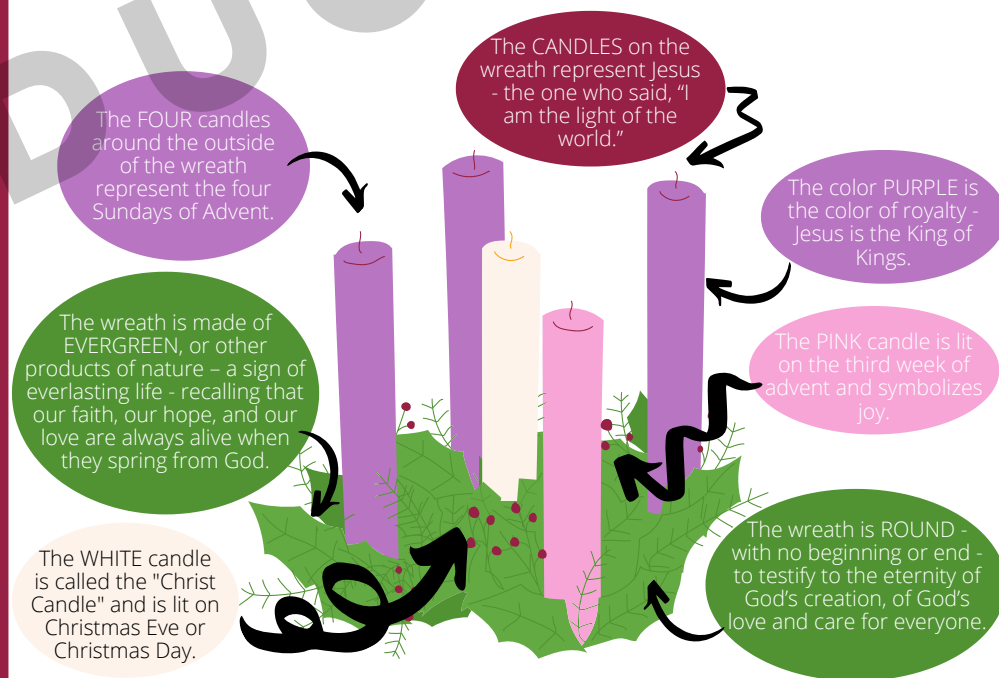
DIRECTIONS

- Place all ingredients in a large pot over low heat. Simmer for about 30 minutes.
- Remove from heat and serve warm. Enjoy!

MAKE YOUR OWN ADVENT WREATH

An Advent wreath is often a central part of the Advent season. The wreath is traditionally made of a circle of evergreen branches, with four candles around the circle, and one in the center.

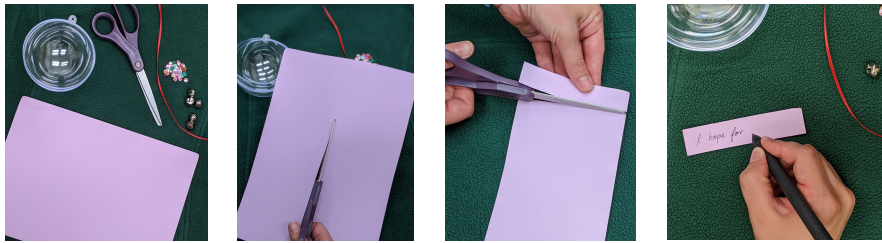
Find the **packet of white clay, three purple candles, one pink candle, and one electric tea candle**. Head outside and find some greenery in nature for your wreath. Form the clay into a rope and wrap around the tea candle, pressing down to form a sturdy wreath base. Then place the purple and pink candles around the outside. Decorate and cover the white clay with greenery to finish your wreath!



ORNAMENT CRAFT

BALL OF HOPES

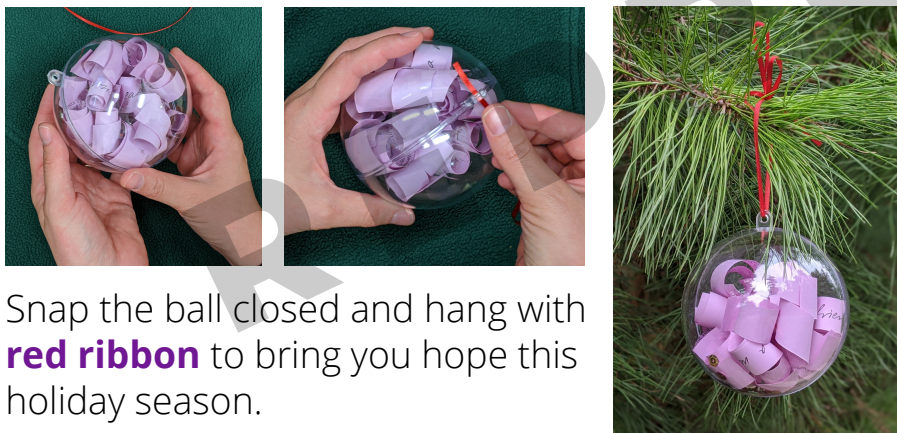
What brings you hope? What are you hoping for?



Cut the **purple paper** in half, then into narrow strips (about the width of your finger). Write a hope you have on each strip.



Curl each strip of paper around a pencil or using the edge of scissors (like you're curling ribbon). Fill the **clear plastic ornament ball halves** with your curls. Add some **jingle bells and sequins** for extra flair or choose to keep it simple.



Snap the ball closed and hang with **red ribbon** to bring you hope this holiday season.

THE SOUNDS OF ADVENT

Music is a huge part of the Advent season and preparations for Christmas. Did you know that there is a difference between Christmas Carols, Christmas songs, and Advent Hymns? As you're listening to music this week - see if you can identify which category each song fits into!

Christmas Carols are songs with lyrics about Jesus or Christmas themes that are traditionally sung during Advent. *Listen to "Do You Hear What I Hear?" for an example of a Christmas Carol that talks about hope.*

Christmas Songs are specifically about Christmas, but don't have anything to do with Jesus, and therefore are not Christmas Carols. *Listen to "Santa Claus is Coming to Town" for an example of a Christmas Song that has a different kind of hope.*

Advent Hymns are a type of song specifically written to praise God, and are usually addressed to God. *Listen to "Come Thou Long Expected Jesus" for an example of an Advent Hymn around hope.*