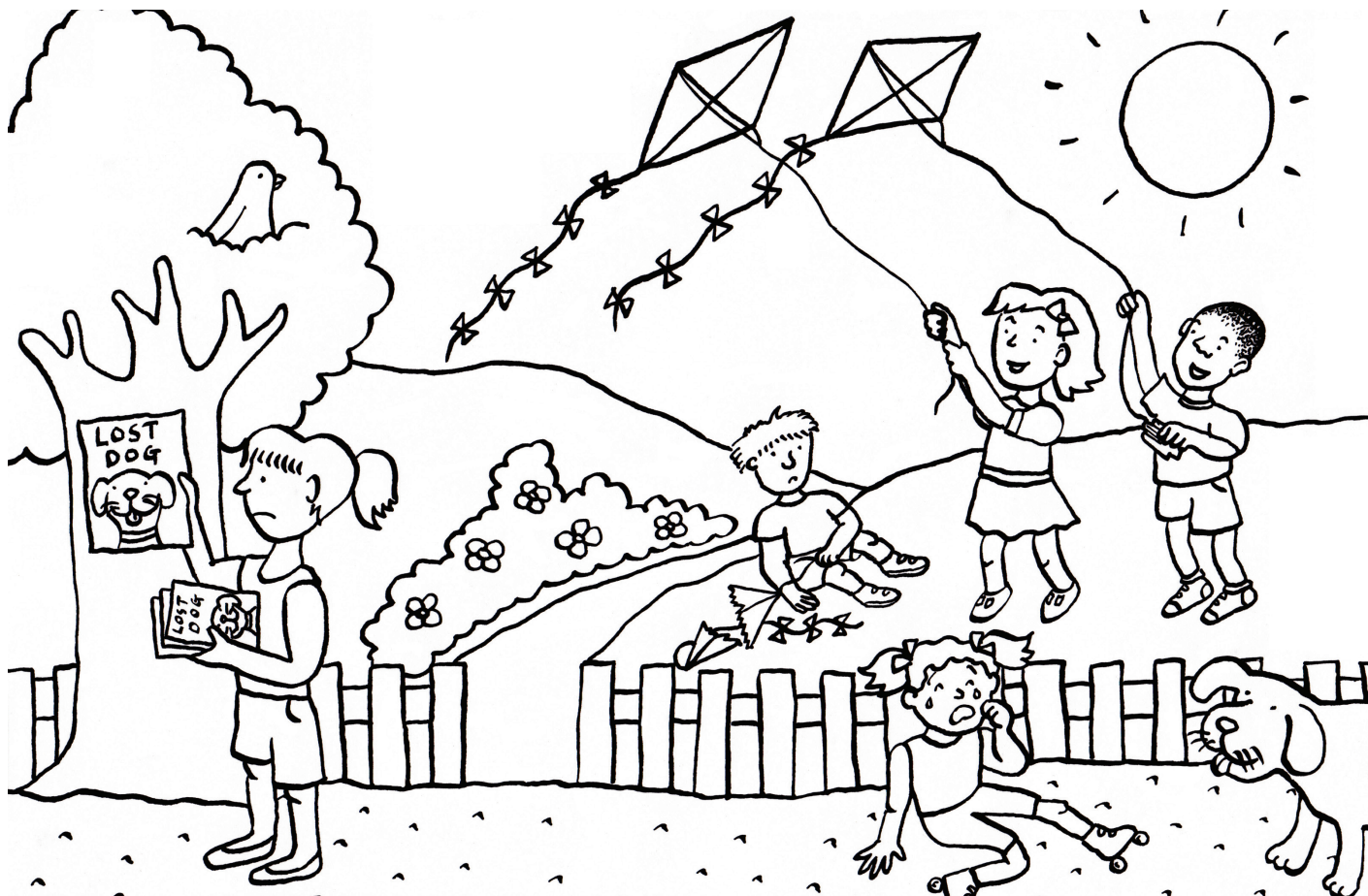


## First Sunday of Advent (Year B)

Gospel: Mark 13:33-37

**"Be on watch, be alert, for you do not know when the time will come"**



Charity no 1160384 and a company limited by guarantee no 09387398. Illustration: Emma Metcalfe

**Look at the illustration. It is very busy with lots of things going on. Can you spot:**

- The person who needs someone to be kind to them?
- The person who needs someone to share with them?
- The person who needs some help?

Think about what you would do to help one of these people and draw yourself into the picture.

### Advent wreath

Make your own Advent wreath as one way to remember that we are getting ready to welcome Jesus.

1. Cut a hole in the middle of a paper plate
2. Draw around your hands on green recycled paper and ask others to do the same
3. Stick the cut-out hands around the outside of the paper plate to make the leaves
4. Make four candles by rolling paper into tubes (3 purple and 1 pink)
5. Attach a paper flame to one candle on each Sunday of Advent

Use our online Advent calendar for children: [cafod.org.uk/familyadventcalendar](https://cafod.org.uk/familyadventcalendar)