

that their .... had been born.

on whom his favour rest.'

2. Mary lived in this village.

the child.

Across

12. The angels praised God and said, "Glory to God in the highest heaven, and on earth ... to those

14. The baby was named Jesus on the ... day.

15. On the day he was named, "it was time to ...

4. What was the name of Elizabeth's husband?

5. Continue this sentence, "my spirit ... in God,

9. Where was the baby put, when he was born?

10. Who were the first people to visit the baby?

13. Fill in the missing word, "Mary ... up all these

things and pondered them in her heart."

bring "great ..." to all people.

11. The angels said that the birth of this baby was to



# A wholesome Advent & Christmas





2025

Welcome! This leaflet is for you, so that whilst enjoying reading it and doing the activities, you also learn. We have chosen Wholesome as a theme for this issue and others that will follow. Do you know what Wholesome means? We grow up every day. However, it is important that we make each day count, and we do not waste it. Do you remember the episode when Jesus was 12 years old, and Mary and Joseph found him in the Temple? That story ended with these words, "Jesus grew in wisdom and stature, and in favour with God and man." (Lk 2, 52) Let us take care of ourselves, so that each day, we not only grow up physically, but we also grow in mind, heart and soul. Sometimes we might catch ourselves saying "I wish I was 16 years old," or "18 years old"! Why are we in such a hurry to grow up? Let us enjoy each, and every day. This is one of the things we learn from Advent ... we need to wait. There are 4 weeks before we celebrate Christmas. So, this Advent, let us learn to take one step at a time, let us grow up each day and make each day count.

We hope that you enjoy this leaflet!

Smiles and best wishes, The Team

### Papa Panov's Christmas Visitor

It was Christmas Eve, and Papa Panov, the kind old shoemaker, sat alone in his little shop. Outside, people hurried home with gifts and food. Papa Panov smiled, but he also felt lonely.

He opened his old Bible and read about the birth of Jesus. "If only Jesus came to visit me," he whispered. "I'd give Him my very best shoes!"

That night, Papa Panov dreamed that Jesus said, "Look out for Me tomorrow. I will visit you."

Early the next morning, Papa Panov cleaned his shop and placed a pot of coffee on the stove. He waited and waited.

A poor street cleaner passed by, shivering in the cold. Papa Panov invited him in and shared his coffee. Later, he gave bread to

a hungry woman and helped her carry her basket. Then, he saw a young mother with a baby whose feet were bare. Papa Panov quickly fetched the tiny shoes he had made and gave them to her.

As evening fell, Papa Panov sighed sadly. "Jesus didn't come," he said softly.

Then a gentle voice whispered, "I was hungry, and you fed Me. I was cold, and you warmed Me. Whatever you did for others, you did for Me.'

Papa Panov smiled. Jesus had come through the people he had helped.

#### Reflection

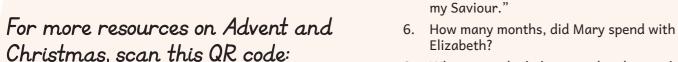
How can I see Jesus in others today? Who might need my kindness, a smile, or a helping hand?



#### **Helping Hands**

**Prayer Activity** 

- 1. Trace your hand on a paper.
- 2. Draw or write one kind thing you can do for someone.
- 3. Pray to God to help you see Jesus in others by loving them.





Living Advent with all my heart, with all my soul, with all my mind and with all my strength.



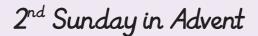
### 1st Sunday in Advent

During this Sunday we meet a character from the Old Testament. We meet with Noah. He was a man who knew how to listen to God and how to make good choices. God wanted him to build an ark and save his family and the animals from the flood (see Mt 24:37-44)

Noah teaches us that we need to have an attentive **heart** to listen to God and do what he desires us to do.

Can you help the lion reach the ark?





John the Baptist lived in the desert. He wore clothes made from camel's hair and he ate locusts and wild honey. People from the areas around the river Jordan went to him. They confessed their sins, and he baptised them (see Mt 3:1-12)

How great it would be to prepare our **souls** so that during Advent we can welcome the coming of our Lord!

During this special time of Advent, make time to go and ask Jesus for forgiveness. Go to confession. Before going remember to say this prayer, "O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they have offended you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of sin."



## 3<sup>rd</sup> Sunday in Advent

Prophet **Isaiah** encouraged the Jews to turn back to God. Often, he reminded them that God never abandoned his people, not even in bad and difficult times. He proclaimed that "he will come to save you" (Is 35:1-6a,10).

Isaiah shows God as a Father who is always ready to listen to us, whose love is endless. God wants us to love him with all our **mind**, by always putting him first.



During this week, show love with someone you meet.



### 4th Sunday in Advent

In the last week of Advent, we meet **Joseph**, Mary's husband and the father who took great care of Jesus. Joseph had great faith, although he did not understand all that God was asking from him, he did not allow his fears to overcome him (see Mt 1:18-24).

When afraid, ask Jesus to give you the **strength** and the courage to always do what is right.



Continue this sentence:

"The virgin will conceive and give birth to a \_ \_ \_ , and they will call him Immanuel, which means

, ,