

ADVENT 2026



A RESOURCE FOR PRIMARY SCHOOLS

www.caritas.org.au/advent

 **Caritas**
AUSTRALIA

ADVENT RESOURCE



This resource invites participants to journey through the four weeks of Advent.

Each week of Advent has been divided into five components:

- The ritual of lighting a candle on the Advent wreath
- The Gospel reading with reflection questions
- A Caritas Australia story
- Reflect and take action
- A group prayer.

Note: There is additional information, including the Gospel readings in the 'Notes' section of some slides.

“Let us make our own the traditional Advent prayer: “Come, Lord Jesus” (*Rev 22:20*). The Book of Revelation ends with this prayer: “Come, Lord Jesus”. We can say that prayer at the beginning of each day and repeat it frequently, before our meetings, our studies and our work, before making decisions, in every more important or difficult moment in our lives: *Come, Lord Jesus!* It is a little prayer, yet one that comes from the heart. Let us say it in this Advent season. Let us repeat it: “Come, Lord Jesus!”

(Pope Francis, Advent Prayer, Saint Peter's Basilica, First Sunday of Advent, 29 November 2020)

RELIGIOUS EDUCATION CURRICULUM LINKS



Caritas Australia's Advent resource can help students:

- Become more familiar with the Scripture stories for Advent
- Identify important times of the liturgical year
- Identify important symbols, signs and rituals of the Catholic Tradition
- Demonstrate developing understanding and appreciation of the Church as a community that continues the mission of Jesus
- Compose and pray simple prayers
- Learn about the Church's response to injustice through its organisations.

Note: This PowerPoint is editable so you can adapt it to your needs. If you do edit this resource, please ensure content and photos remain with the appropriate credit to Caritas Australia and the photographers.

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THE ADVENT WREATH

The word 'Advent' means 'coming'. When we light the candles on the wreath, it symbolises the coming of light (Jesus) into the world.

Candle 1 (violet): represents hope

Candle 2 (violet): represents peace

Candle 3 (rose): represents joy

Candle 4 (violet): represents love

The central white candle is lit on Christmas Day and represents Christ.



This Advent we will learn, act and pray for a more just and fair world – a world full of hope, peace, joy, and love.

MAKING THE ADVENT WREATH A DAILY CUSTOM

Advent wreaths can be used in Church, at school or at home. As the Advent wreath helps us keep our thoughts focused on the coming of Jesus at Christmas, it should be integrated into our daily lives.

The class could gather around the wreath at a set time of the day as a selected student lights the relevant candle/s.

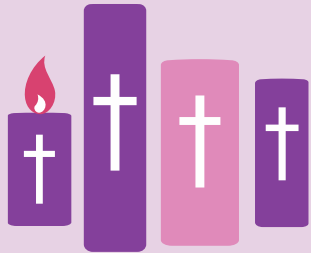
Advent wreath symbols you can use to create your own wreath begin on [slide 35](#).



FIRST WEEK OF ADVENT



Light the Advent candle



Advent is a special time in the church year when we prepare and get ready to celebrate the birth of Jesus.



God, you give us hope.

As we light this candle in your name, we ask you to help us share hope with family and friends this Advent.

Amen

Gospel Reflection



Mark
13:33-37

“Be alert!”



- What do you know about Advent?
- What are some things that you look forward to? How do you prepare for them?
- Why does Jesus say, ‘Be alert’?
- How can we be ready to open our hearts to others, knowing that when we do, we are opening our hearts to Jesus?

Rumbidzai's Story



Rumbidzai lives in rural Zimbabwe with her two sons. Her husband works in South Africa, but it can be difficult for the family to afford everything they need.

One of Rumbidzai's biggest challenges was getting clean water. The nearest water source was two kilometres away, and she often spent a long time waiting in line to collect water. Fresh vegetables were also hard to find, so her family could only eat them once or twice a week.



Photo: Caritas Gweru

When Caritas began working in her community, Rumbidzai joined a local gardening project. She attended training, received seeds and learned new farming skills.

Today, Rumbidzai can access clean, safe water from a new solar-powered borehole. She is learning how to grow vegetables and sunflowers and hopes these skills will help support her family in the future.

Rumbidzai dreams of becoming an experienced farmer and one day owning her own business. With new opportunities, skills and hope, she is working towards a brighter future for her children and community.

Along with your generosity, this program is supported by the Australian government through the Australian NGO Cooperation Program (ANCP).



Photo: Caritas Gweru



“Growing vegetables and fruits will bring revenue and nutrition and growing sunflower will also bring revenue which is a plus for the family and the community.”

- Rumbidzai

Reflect

- Rumbidzai hopes for a brighter future for her family and community. How can you help?
- Rumbidzai has been learning new things to help feed her family nutritious meals. What could you learn about to help your community share nutritious meals?



Take action



- Share Rumbidzai's story with your family this week.
- Rumbidzai and her family sometimes don't have enough food to eat. Make a list of the ways you might waste food. Choose one way you can stop wasting food this week and try to do it.
- Consider donating fifty cents to Caritas for every meal or snack you have today or this week.



Pray

+ Hope +



**Dear God,
Please fill us with your hope.
So that we can help make life better
For people both near us and far away.
Amen.**

SECOND WEEK OF ADVENT



Light the Advent candle



Advent has a focus on light, not darkness. Christ will come again as the light of the world.

God, thank you for giving us peace.



As we light this candle in your name, we ask you to help us to be peacemakers in our world.

Amen

Gospel Reflection



Mark
1:1-8

“Prepare the way for
the Lord”



- The gospel talks about changing our hearts and lives to prepare for Jesus. How can we prepare our hearts and lives for the birth of Jesus, this Advent?
- John the Baptist tells the people that Jesus will baptise with the Holy Spirit. What gifts do you think the Holy Spirit gives us?

Hein and Thandar's Story



Hein and Thandar live in Myanmar with their family. For many years, they grew rice and enjoyed a peaceful life in their village.

When conflict reached their community, everything changed. Their family had to leave their home and move to a displacement camp, taking only the things they could carry. Life in the camp has not been easy.

Photo Credit: Jesuit Refugee Service

Hein still grows rice to help feed his family, but it is much harder than before. He must travel back towards his old village to work in the fields and sometimes has to stop and hide when it is not safe.

Even during these difficult times, there are signs of hope. In the camp, children can attend a nursery school supported by the Jesuit Refugee Service (JRS) and its local partners. The school gives children a safe place to learn and grow.

Hein and Thandar hope that one day they will be able to return home and live in peace. Until then, they continue to care for their family and support their community.

Their story reminds us that even in difficult times, hope can be found in learning, community and helping one another.



+Peace+

“My single most desired wish is for Myanmar to achieve peace as quickly as possible.”

- Hein

Photo Credit: Jesuit Refugee Service

Reflect

Peaceful places can bring peace to people's lives.

- What do places of peace look like, feel like and sound like?
- What makes you feel peaceful?
- How can you bring peace to your community?



Take action

Peace

- Pray for peace in our world. Find out where there is fighting in our world, locate it on a map and pray especially for that place.
- Be an agent of peace and help others in your school or local community enjoy the spirit of Christmas this year. Make some Christmas cards or gifts and send them to your local nursing home or respite centre - sending God's peace to them.

Pray

Peace



**Dear God,
Please fill us with your peace
So that we can make the world more peaceful
By showing respect to everyone and all your creatures
Amen.**

THIRD WEEK OF ADVENT

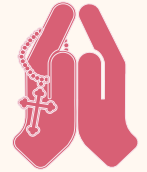


Light the Advent candle



The third Sunday in Advent is Gaudete Sunday, from Latin meaning 'rejoice'.

God, thank you for giving us joy in our hearts.



As we light this candle in your name, we ask for your help to share this joy with friends and family.

Amen

Gospel Reflection



John
1:6-8, 19-28

**“Make the road
straight for the Lord”**



- Jesus is described as the light? Why? What image does this create for you?
- Joy is a happy feeling that comes when we experience something good or deeply satisfying. Think about a time in your life when you experienced joy. How did it feel? What difference did it make?

Rose's Story



Rose lives in Papua New Guinea with her husband and nine children. Her family grows fruits and vegetables on their farm and sells them at the market to earn money for food and other essentials.

For many mothers in remote communities, getting healthcare during pregnancy and childbirth can be difficult. Travelling to a hospital can be expensive, and some families live far from health services.



Photo Credit: Caritas Australia

Rose has had most of her babies at a local health centre run by Catholic Church Health Services, a partner of Caritas Australia. The health centre provides a safe place for mothers to give birth and receive care from trained health workers.

During her pregnancies, Rose visits the health centre so staff can check on her and her baby. When her youngest child, Roderika, was born, Rose used one of the new beds provided through upgrades to the centre.

The health centre is the only one near Rose's community. Thanks to improvements supported by Caritas Australia and its partners, mothers like Rose can access vital care and give their babies the best possible start in life.

Along with your generosity, this program is supported by the Australian government through the Australian NGO Cooperation Program (ANCP)



“The health centre is good and helpful, the staff are friendly and nice and encourage mothers.”

- Rose

Photo: Caritas Australia

Reflect

- Why was the health centre important for Rose and her community?
- Rose was grateful for the care she received at the health centre. What are some things you are thankful for that bring joy to your life?



Take action

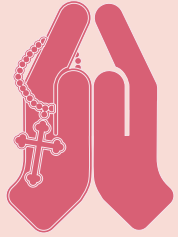


- Commit to sharing Rose's story with someone in your family.
- Joy can be found in the natural world around us. Think about how you find and then share the joy of nature
- Think about how your class could work together to buy a Global Gift, which helps provide clean water, education, and food security to vulnerable communities worldwide.

Visit globalgifts.org.au

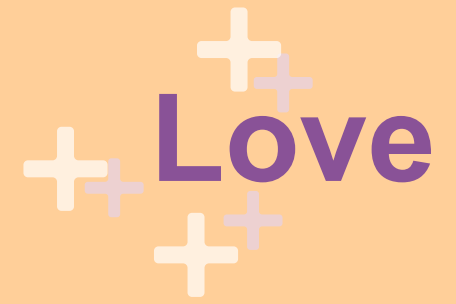
Pray

+ Joy +



**Dear God,
Please fill us with your joy,
So that we can enjoy everything you give us,
And share that joy with others.
Amen.**

FOURTH WEEK OF ADVENT



Light the Advent candle



Our final days of Advent,
are a time when we can
reflect on our Advent
journey.

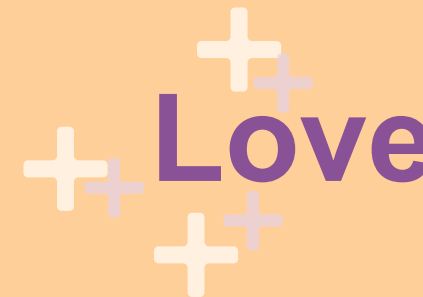
God, thank you for your
love.



As we light this candle in your
name, we ask you to help us
share this love with family and
friends this Advent.

Amen

Gospel Reflection



Luke
1:26-38

"God is with us"



- Do you think it would have been easy for Mary to say yes to God? Why?
- How can we be like Mary and show our love for God when we are at home and at school?

Nadia's Story



Nadia lives in Sudan with her ten children. When conflict forced them to leave their home, the family had to travel to a camp for displaced people to find safety.

Life in the camp was very difficult. Nadia worked hard to care for her children, collecting firewood and harvesting okra to earn a small amount of money. The family also struggled because there was not always enough clean water and there were very few toilets.



Photo Credit: George Wambugu/CAFOD

Nadia wanted her children to stay healthy and safe. Along with other people in the camp, she helped clean the area and worked to make the camp a better place for families to live.

With support from Caritas Australia's partners, new bathrooms were built in the camp and regular water deliveries began. These changes helped make life safer and healthier for Nadia, her children and many other families.

Nadia hopes that one day her family will be able to return home and live in peace. Her story reminds us that love can be shown in many ways, especially through caring for others when life is difficult. During Advent, we remember that God's love is always with us and that we are called to share that love by caring for others and helping those in need.



“We trust in God, but we hope that God will stop the war so we can return to our homes and normal lives.”

- Nadia

Photo Credit: George Wambugu/CAFOD

Reflect

- Why are clean water and safe toilets important for families and communities?
- How did Nadia show love and care for her children during difficult times?
- Love can be shown in many ways. How do you show you love your community?



Take action



- At home today, show love to a family member.
- Spend time with someone, offer support and love.
- Make a small gift for a friend.
- Perform a random act of kindness to show love in your community.

Pray

+ + +
+ Love +
+ +



Dear God,
Please fill us with your love
So that we can be grateful for all the people who love us
And help those who miss out on the good things of life.
Amen.

CARITAS AUSTRALIA'S EDUCATION RESOURCES



Primary Students

Learning about challenges to the health, wellbeing and safety of others and our earth can be hard. If you are feeling worried or upset about anything you have learnt about through this resource, make sure you talk to your teacher or trusted adult. They can share your concerns via our [website](#).



Do you have an idea for how Caritas Australia can improve our school resources? We would love to hear it! Please email education@caritas.org.au

Teachers

For more school resources, please visit: caritas.org.au/resources/school-resources/

Stay up to date with events and resources! Subscribe to [Caritas Australia's Education e-newsletter](#)



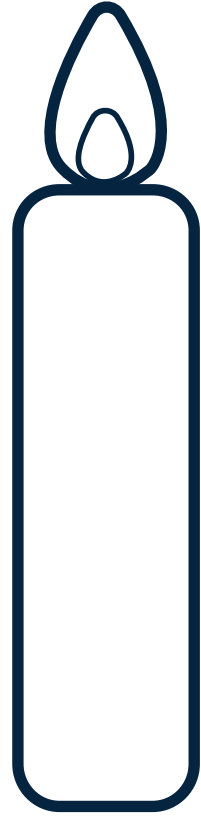
We are a valued partner of the Australian Government, receiving flexible funding under the Australian NGO Cooperation Program (ANCP) each year to implement development and poverty alleviation programs overseas.

MAKING A WREATH

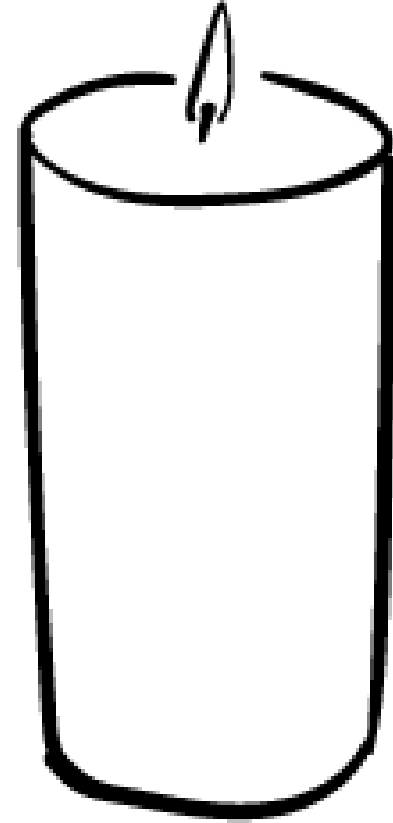
Print the symbols on the following slides to create an Advent wreath.

- The seedpods, nuts and cones are used to decorate the wreath and are symbolic of life and resurrection.
- The laurel signifies victory over persecution and suffering.
- Pine and holly signify immortality.
- The apple represents the nourishing fruitfulness of the Christian life.



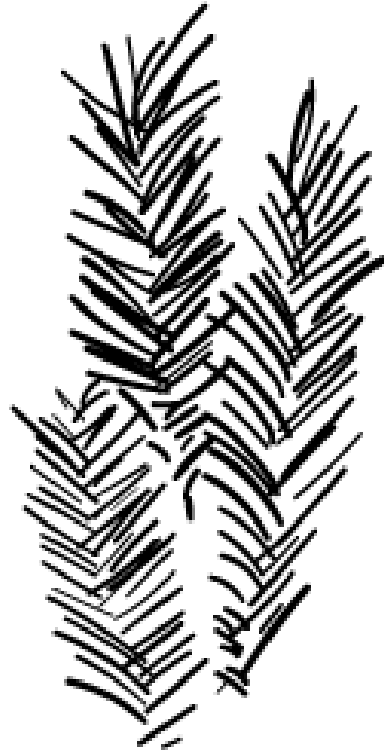


Candle

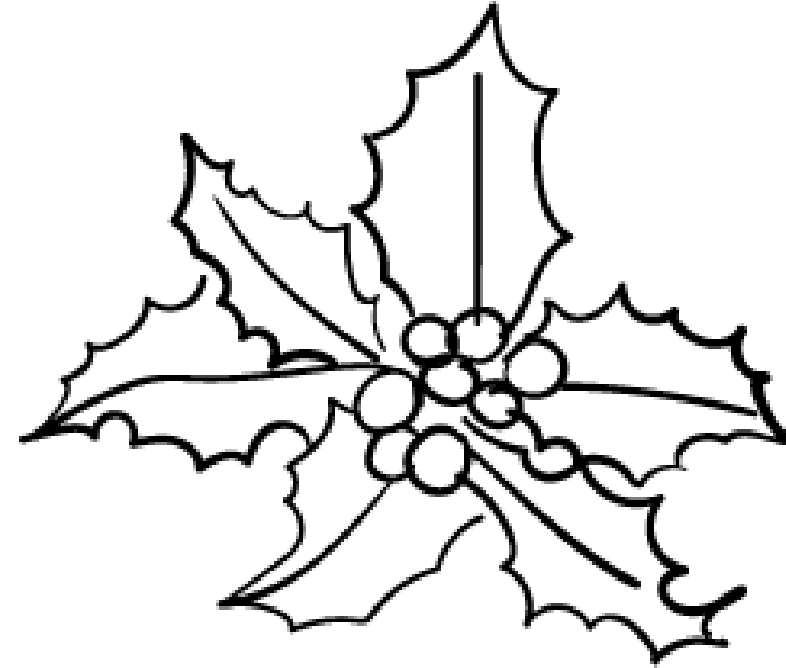


Christ Candle





Evergreen

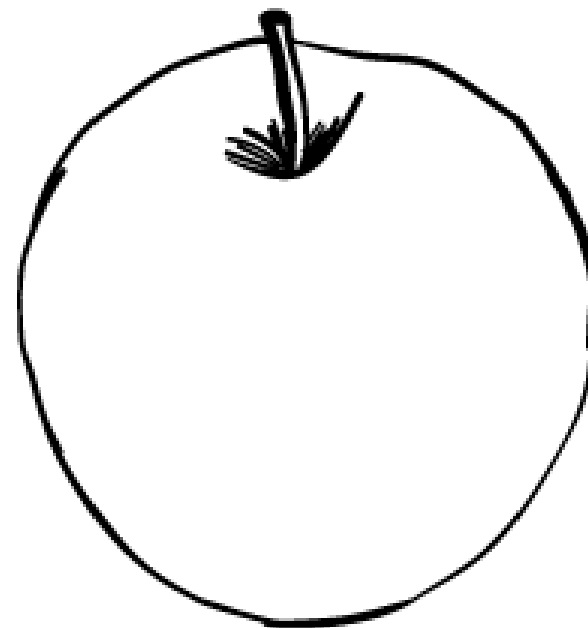


Holly





Pine cone

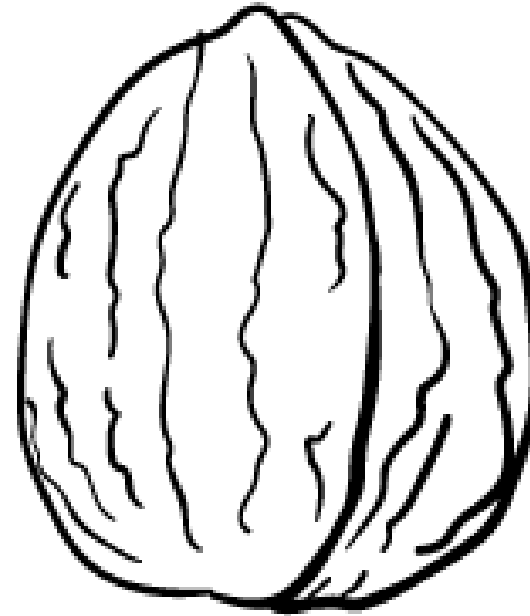


Apple



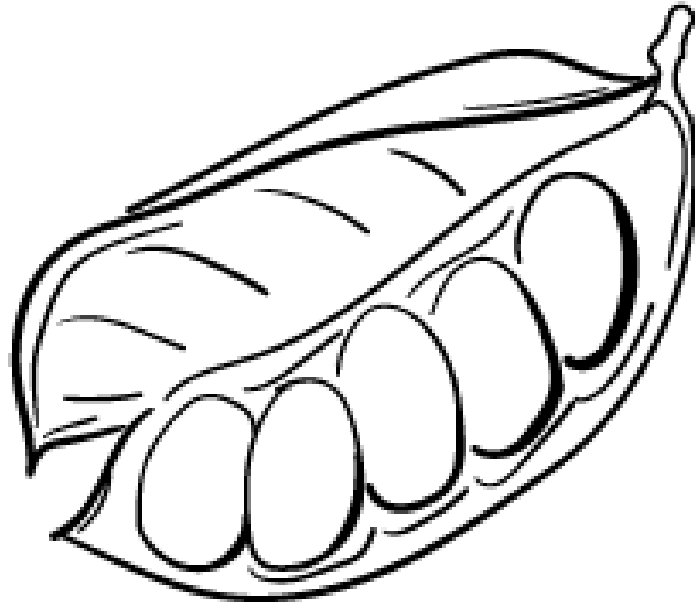


Laurel



Nuts





Seed Pods

