



# Sharing the Light



unbound

FAMILY ADVENT  
ACTIVITY KIT





## SETTING OUT TOGETHER ON THE PATH TO CHRISTMAS

Hi, we're Unbound, and we work with people overcoming poverty in Africa, Asia and Latin America. Started in 1981 by a group of Catholics from the U.S., we now help 300,000 children, families and elders meet their needs for school, food, shelter and more.

Our easy-to-use Advent resource, "Sharing the Light," helps families prepare to celebrate the birth of Jesus, who calls us all to be a light for each other. The activities that follow work well with an Advent wreath or on their own. Either way, we hope they help your family put faith into action.

Wishing you a blessed Advent,  
Your friends at Unbound

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# Week One: Hope

The first candle on the Advent wreath symbolizes hope. Hope, along with faith and love, is one of the three great virtues. Advent is a good time to do small acts of kindness and generosity that bring hope to others.



## LIGHT ONE CANDLE ON THE ADVENT WREATH, THEN PRAY TOGETHER

Loving God, help us begin Advent well. This week we especially ask for the gift of hope. Help us to share our hope with all those we meet. We ask this in Jesus' name. Amen.

## ACTIVITY

As a family, choose someone you know (neighbor, friend, relative) who might be especially lonely around the holidays. Write that person a card or letter and have each family member include a personal note. Younger children could draw pictures.

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**DID YOU KNOW?** For a child or elder sponsored through Unbound, knowing that a new friend across the world believes in them and their abilities is a daily source of hope. Sponsors often express support for their sponsored friends through letters.



# Week Two: Love

During the second week of Advent, we reflect on God's great love for us. When we love others, we want to do what is best for them. We want their happiness just as we want our own. As St. John reminds us, God is love.



## LIGHT TWO CANDLES ON THE ADVENT WREATH, THEN PRAY TOGETHER

O God, you show us your love through the actions of those who bring joy to our lives. May we, too, help spread your love to everyone we meet. Amen.

### ACTIVITY

The holidays are an especially difficult time for families that don't have enough to eat. Contact a local food bank and ask how you can help. You might be able to bring some canned goods, make a cash donation or help package and deliver items.

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**DID YOU KNOW?** Families in the Unbound program can choose to use sponsorship funds to buy nutritious food. That's a big help since food takes up a large part of a family's income.





The pink candle on the Advent wreath is for the third Sunday of Advent. It represents joy. When the angels announced Jesus' birth to the shepherds, at first the shepherds were afraid. But their fear soon turned into rejoicing. We, too, should be happy, for Christmas will be here soon!



## LIGHT THREE CANDLES ON THE ADVENT WREATH, THEN PRAY TOGETHER

Loving Father, as we prepare to celebrate the birth of your Son, help us to be joyful and to spread our joy to those around us. We ask this in your holy name. Amen.

### ACTIVITY

Bring a little extra joy to those who need it. Your family could visit homebound elders in your neighborhood or community or spend some time at a nursing home or assisted living center.

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**DID YOU KNOW?** Unbound is the only major U.S.-based organization that offers sponsorship support for elders. This helps make their later years more comfortable and less lonely.



# Week Four: Peace

The fourth Sunday of Advent comes just three days before Christmas! Our season of preparation is ending and a new season of celebration begins. The last candle on the Advent wreath reminds us that the Prince of Peace is about to be born.



## LIGHT FOUR CANDLES ON THE ADVENT WREATH, THEN PRAY TOGETHER

Lord Jesus, as an infant you slept in heavenly peace under the loving watch of Mary and Joseph. Help us to be kind to one another as we seek to make our world a more peaceful place. We ask this in your holy name. Amen.

## ACTIVITY

Spend some time as a family at the Nativity scene in your home or church. Talk about the different figures (Baby Jesus, Mary, Joseph, the shepherds, the magi, the animals) and what being there must have been like for each of them.

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## DID YOU KNOW?

There was “no room at the inn” for Mary and Joseph, but families in Unbound communities around the world belong. They participate through mothers groups, social and recreational programs, and many other activities.



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WE HOPE YOU HAVE A BLESSED  
ADVENT AND MERRY CHRISTMAS!

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