CANA Advent Journey "Family life is worth it!"

"May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you"
(1st Letter of St Paul to the Thessalonians chapter 3 verse 12)

Welcome to the CANA Advent journey.

For this **Sunday #1 Loving,** we invite you to watch a testimonial video with your family, then take up the challenge.
In the evening, or at another time when you won't be disturbed, take some time to share your thoughts as a couple, by watching the short teaching followed by the sharing proposals.

A family experience

Video testimonial

Family challenge: "Witnessing love in the family".

This challenge can be experienced on this first Sunday of Advent, or in the week ahead.
Each member of the family makes a concrete gesture or act to show another member his or her love. It could be a tender gesture, offering quality time (a game, a walk...), writing a note, making a small gift, doing a favor...

The first Sunday of Advent can also be an opportunity to decorate the house to create a warm atmosphere that makes everyone who enters feel comforted, and to welcome a guest of honor on December 24.

Prayer: let's gather around the crib and light the first candle of the Advent wreath.

"*Our Father, we thank you for loving each of us as your child, thank you for sending us Jesus who shows us your love, help us to have an ever more intense and overflowing love for each other within our family*".

a couple experience

To make the most of this time as a couple, we suggest you switch off your phone, make yourself comfortable and ensure you are not disturbed. You can take some writing materials and light a candle.

You can ask the Holy Spirit to come and help you listen to each other and speak to each other in truth.

Video Teaching :

Sharing as a couple

Using the ideas below, take at least 10 minutes alone, in a quiet area of your home (take notes)

-What gestures and attentions of you have shown me your love for me?
-I'm sharing with you what's difficult for me right now.
-What small, concrete decision can we make this week to take care of our relationship?

Afterwards, the two of you get together for a chat.

One shares the fruit of this time alone, the other listens without interrupting or discussing, then shares in turn in the same way. We then invite you to take time together for discussion and to set your concrete decision for the week ahead.

If you wish, you can pray to the Lord together, thanking him for his special love for each of you and for his action in your married life.

Conclude in a way that suits you, for example, by saying the Lord's Prayer together and making a gesture of tenderness.