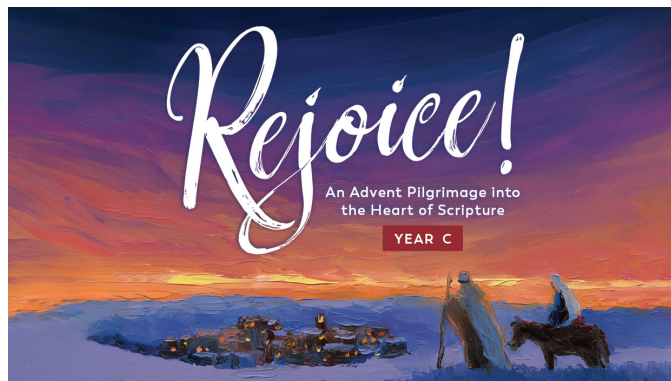


# STEP BY STEP: HOW TO DO *Rejoice!* IN YOUR PARISH OR SMALL GROUP



## Before Advent

- Order the [Rejoice! Year C journals](#) in bulk for your group or parish. Here are the bulk discounts.



INDIVIDUAL COPIES		PRICE
1-9 copies		\$13. <sup>95</sup> per copy
10-19 copies		\$8. <sup>50</sup> per copy
BOXES OF 20		PRICE
1-4 boxes		\$5. <sup>95</sup> per copy (\$119/box)
5+ boxes		\$3. <sup>50</sup> per copy (\$70/box)

- Spread the word! Use [these free resources](#) from Ascension, including a flyer, a poster, a bulletin announcement, and a pulpit announcement.
- Bring everyone together to watch the [25-minute kickoff video](#) with Fr. Mark Toups, Fr. Patrick Riviere, and Rebecca Abboud. (You can also email parishioners and invite them to watch the video at home.)
  - » Distribute the journals at this event or make them available at the church entrance.

## During Advent

- Each week, email participants the link to the 10-minute video. We have partnered with Flocknote to create the emails for you—learn more [here!](#)
- Arrange for your small groups to meet once a week during Advent. You can structure a weekly meeting of 60 to 90 minutes like this (see next page):

Opening prayer	5 mins.
Watch the video for the week	10 mins.
Optional: Invite each member to share a high and a low for the week	10–15 mins.
Go over the weekly reflection questions as a group	40–55 mins.
Closing prayer	5 mins.

- Encourage participants with children to use the *Rejoice!* family resources, which are available in the journal for each week.

## **Rejoice! Year C Weekly Reflection Questions**

### **First Week of Advent**

- Return to one (or more) of the “For Your Prayer” Scripture passages from this past week (Psalm 139, Psalm 23, Jeremiah 29, and Isaiah 55). What lines from the passages stood out to you? Why? How do those lines relate to where you are at the start of your Advent journey this year?
- On Tuesday, we reflected on a few of the common challenges that arise when we trust in God. Which of these challenges hits closest to home for you? How will acknowledging this challenge and offering your needs to God help you increase your trust in him during Advent?
- **VIDEO REFLECTION:** This Advent, Fr. Toups invites us to surrender our expectations, share our hearts with God, and trust that God wants to respond to us. What does each of these things look like for you this Advent? How can you approach this season intentionally with surrender, honesty, and trust?

### **Second Week of Advent**

- As we journey through the Advent season, we will continue to grow closer to the two people central to the Advent story: Mary and Joseph. How have this week’s meditations helped you better appreciate what Joseph and Mary experienced before Jesus’ birth? Which of them do you relate to more in your current circumstances? Why?
- Through your personal “lens,” what does God look like to you? When you think about him—about who he is to you, who you are to him, and how he’s calling you to trust him—what words or images come to mind? Why? What circumstances or past experiences could be influencing the way you see God?
- **VIDEO REFLECTION:** Fr. Patrick talks about how the Annunciation would have shattered Mary and Joseph’s plans for their life together. Can you think of a time when your expectations were shattered? Were you able to see God at work in those circumstances, or was it a struggle?

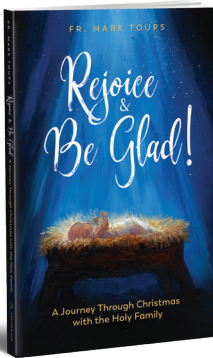
### Third Week of Advent

- This week, we explored the difference between ruminating on our problems and, in contrast, relating our needs to God. How likely are you to dwell on things instead of sharing them with the Lord? What is one way you could strengthen a personal habit of talking to God instead of talking to yourself?
- In Saturday’s meditation, we explored how other people influence our perception of God and our circumstances. Who has had a positive impact on how you view God and the things that are happening in your life? In what ways can you help others better recognize who God is?
- **VIDEO REFLECTION:** Rebecca mentions how hard it can be to wait on the Lord and trust that he will fulfill his promises. Elizabeth’s pregnancy would have been evidence of God’s faithfulness and trustworthiness for Mary. Can you think of a time when God showed you his faithfulness in a difficult moment of trust? It could be something he did in your life or someone else’s. What emotions arise in your heart as you think about these small signs from God?

### Fourth Week of Advent

- Which guided meditation from the past week was most moving for you? Why?
- What is one lesson you learned or a meaningful moment from Advent that you want to carry forward into the Christmas season? How will you continue to deepen your trust in God beyond the Christmas season?
- **VIDEO REFLECTION:** The final days leading up to Christmas often lead to heightened emotions around our expectations of Christmas Day. What expectations do you have for Christmas? Consider making a list of these expectations and surrendering them to God one at a time.

## A Rejoice! Christmas Journal



Carry the graces of this Advent journey into the Christmas season with [\*Rejoice and Be Glad! A Journey Through Christmas with the Holy Family.\*](#) This daily meditation journal is available in English and Spanish. It continues the daily meditations and adds video reflections for certain feast days that occur during the Christmas season, exploring the joy and wonders of Christ’s birth through the lens of the Holy Family. Give your parishioners this prayerful journal so that they can ponder the miracle of the Incarnation and celebrate throughout the Christmas season!

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