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## 3<sup>rd</sup> SUNDAY IN ADVENT “MARY IS JOYOUS”

Choose from the activities below. Maybe even do one each day this week as you celebrate the first week of Advent.

### READ:

“Little People, Big Dreams: Frida Kahlo” by Maria Isabel Sanchez Vegara

- This link on YouTube will take you to a reading of this book: <https://www.youtube.com/watch?v=wZtbh46iAV8>

After listening to the book talk about these questions:

- What brought Frida joy?
- Do you think she was always happy?
- How is being happy and joyous different?
- Why do you think Frida painted – was it for other people or herself?
- What brings you joy?
- How can you look for joy and spread joy even when things are scary or sad?

### MAKE A STAR OF JOY:

Use the star template on the last page or draw your own. Cut it out. This week, cut out two stars and glue them together so that your star has 10 points instead of just 5. Write the word Joy on it and decorate it with crayons, stickers, paint or whatever art supplies you have. Decorate it in a way that reflects your idea of Joy. Everyone in the whole family can make a Star of Joy. I decorated mine with lots of color and a fountain which reminds me of Joy.

We will make a star each week of Advent. Decide as a family where you will post up your stars each week. Suggestions: refrigerator, Christmas tree, wreath, mirror, blank wall. Use your star of joy to remind you to look for signs of joy around you. Talk about these signs of love each night at the dinner table (or any other family gathering time that you have).



## WONDER ABOUT ARTWORK



The image on the left was painted in 1425 by an artist in Spain and shows the Annunciation – the announcement by the Angel Gabriel that Mary was going to have Jesus. The image on the right is a modern, graphic artist's rendition of the Magnificat – Mary's song of praise after receiving the news that she was going to be the mother of Jesus.

- Read Luke 1: 46 – 55 as you look at the images
- How are they alike? How are they different?
- How is joy portrayed in each art piece?
- What is your favorite part of each?
- What dreams might God have planted in your heart?
- How can you show joy this week, like Mary?

## MAKE YOUR OWN ART:

Use whatever supplies you have at home and create a picture of Mary using pencils, crayons, markers, or paint. Use lots of color like Frida Kahlo did. Google Frida Kahlo to see some of her art and create a picture of Mary in her style. Or create a picture in your own style or in the style of one of the artists who created the two images above. Whatever you do, make sure and show Mary's joy in your creation.

## LISTEN TO A SONG:

Joy to the World. Here is one that I like by King & Country: <https://www.youtube.com/watch?v=TPA0jTQI2HM>

Listen closely to the words of the song and think about what the words really mean:

- . . . Every heart prepare him room
- . . . Heaven & nature sing
- . . . Repeat the sounding joy

## BE JOYOUS AND GET READY:

Just like I made a mess getting my tree ready in the video, do a family activity that may make a mess, but will get you ready for Jesus' birth.

- Show your kids how to wrap gifts. Let them wrap some of the gifts.
- Make cookies or bread from scratch.
- String popcorn and cranberries together and hang it in a tree outside.
- Decorate a room in your home that is not decorated. Maybe one that doesn't usually get decorated – bathroom, hallway, kitchen. Use some decorations you have on hand, make paper chains or cut out stars or snowflakes.
- Create a family dance to your favorite Christmas carol.

**Remember that joy is more than happiness. Joy springs from your soul and comes from knowing the love of Jesus and sharing that love with everyone we meet. Don't be afraid to be joyous, even in this strange year of 2020.**

