**Advent resources**

[From RCL Benziger](https://store.rclbenziger.com/content/advent-0)

[Celebrating Advent as a Family from USCCB](https://www.foryourmarriage.org/celebrating-advent-as-a-family/)

[Family Zone Advent newsletter](https://www.smore.com/e0t5j)

[Jesse Tree](https://www.whychristmas.com/customs/jessetrees.shtml)

Music Videos to Share with Families

 [Emmanuel](https://www.youtube.com/watch?v=HnAKAB4OYik) by Steve Angrisano

**Embracing Silence with your Family this Advent**

Embrace the Advent season by working quiet time into each day. Quiet time, free of stimulation, noise and screens can have a tremendous effect on our health. It can reduce stress, increase our creativity but most importantly, it can help us to hear the quiet voice of God in our hearts.

Here are some ways to embrace silence with your family this Advent:

* + Bring your family to church to pray in front of the Blessed Sacrament
	+ Turn down the lights in the house and sit only in the light of the Christmas tree and manger
	+ Take an evening walk (especially on a snowy night!)
	+ Put out colored pencils and paper and doodle (no talking allowed!)

[The Shepherd’s Story](https://www.youtube.com/watch?v=hGKKTGyf_XM&t=35s) video/song from Loyola

[5 Christmas Day Traditions for Catholic Families (catholicfaithstore.com)](https://www.catholicfaithstore.com/daily-bread/5-christmas-day-traditions-for-catholic-families/)

[Why the Incarnation](https://www.youtube.com/watch?v=QscL5AIGBPs&t=3s) video