



# The St. David's Institute

AT ST. DAVID'S BY-THE-SEA



2022

## ADVENT RESOURCE GUIDE

*The St. David's Institute provides discipleship and accessible theological training for St. David's members and beyond. At St. David's we believe that every member is a theologian.*

# *A Message from the St. David's Institute - Advent 2022*

Dear Friends,

Advent gets to the heart of what it means to be human. It tells us a story which at once is *ever ancient, ever new*: the tale of God's great love for his people made manifest in his covenant faithfulness. God with us, *Emmanuel*.

From a historical perspective, Advent has been observed since the middle of the fourth century based on writings from St. Gregory of Tours. Christians have therefore been celebrating Advent for over 1500 years, making this one of our longest-observed traditions. Even the word "Advent" has an ancient feel as it is derived from the Latin *adventus* meaning *coming*. The Church has seen fit to annually set aside a period of time for prayer and fasting as believers prepare their hearts for Jesus' birth, the Feast of the Incarnation.

Advent and Lent are the two penitential seasons in the liturgical year and both call us to intentionally prepare our hearts, but there are some important distinctions between the two. Many of us grew up with Advent's focus being the birth scene (Jesus in swaddling clothes) and while the Incarnation *is* essential, Advent propels us forward in history as we await Jesus' second coming with hopeful preparation and expectation. Lent focuses on an event in history and the in-breaking of God's Kingdom while Advent places us in a time and space *yet to come*: the consummation of God's Kingdom.

This Advent Resource Guide was created by Rebecca Taylor on behalf of the St. David's Institute. For additional resources, please visit our website ([stdavidsbythesea.org](http://stdavidsbythesea.org)) and click on *St. David's Institute*. Please feel free to share this resource with your families, friends, and churches. Our hope and prayer is that each of you would enter this season with joy and expectation and that this guide would enhance your Advent worship.

May Advent peace be yours,

*The St. David's Institute*

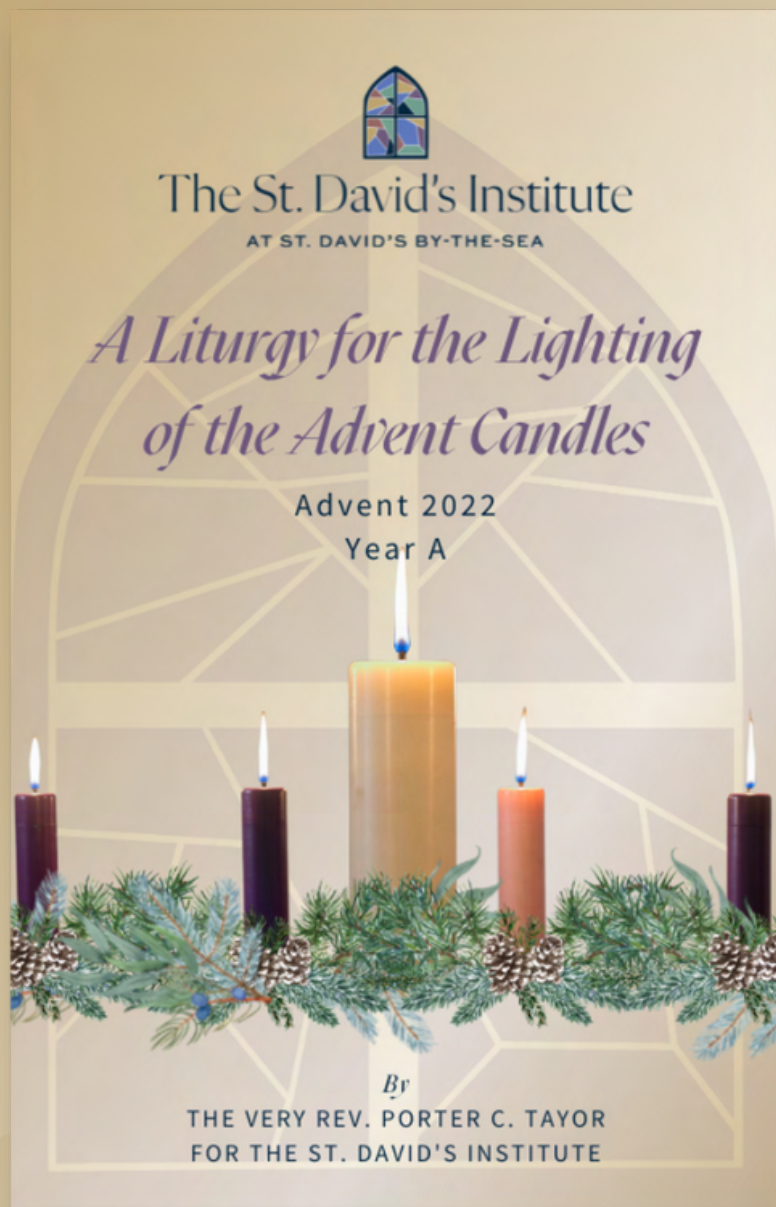


# *The Advent Wreath*

The history of the Advent wreath has been told and retold so many times that some of the details are a bit uncertain, but the story goes something like this:

A German pastor named Johann Hinrich Wichern taught children in a mission school. He noticed that each day the children asked, *How many days until Christmas?* Wichern used a wagon wheel with red and white candles (red for weekdays, white for Sundays) to help the children mark the days to Christmas. The tradition slowly made its way to America in the 20th Century.





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Fr. Porter Taylor has written a liturgy to be used during the lighting of the Advent candles on behalf of the St. David's Institute. While designed for corporate use, the liturgy can be adapted easily for individuals and families. We pray this resource will help enhance your Advent worship! Head to our website to download the liturgy.



# Liturgical Color for Advent

*Parament* is derived from the Latin word *paramentum* which means *adornment*. Paraments refer to the hangings or ornaments of a formal room (historically state rooms), but the word was eventually adopted by the Church to refer to liturgical linens that hang from the altar, pulpit, and lectern, and ecclesiastical vestments.

Each of the liturgical seasons has an assigned color for paraments. Blue was the original color used for Advent, but during the Middle Ages when blue fabric was expensive, purple became a suitable substitute. Both colors represent expectation and are considered royal colors, making them appropriate for Advent. Each is permitted for use during Advent in the Episcopal Church.

Proponents of purple for Advent believe that due to Advent's penitential focus we should use the same color we use in Lent, the Church's other penitential season. Additionally, purple *was* expensive and reserved for royalty, making it the perfect color as we celebrate the birth of the King of kings.

*Not so fast though!* Proponents of blue have some great points, too. Sarum blue (*sarum* taken from the Sarum Rite used in the English Church from the 11th Century to the Reformation) symbolizes the color of the night sky when the angels appeared to the shepherds and the Magi followed the star. Blue is also associated with Mary, the mother of Jesus.

To throw a bit more confusion into the mix, some churches use pink paraments on the third Sunday of Advent (also known as Gaudete Sunday) to represent joy.



# "Of" or "In"



**Did you know** that Sundays are *of* Advent but *in* Lent? The nuance may seem small, but it is of great significance. In Lent, Sundays are not included in the 40 day fast, so they are *in* but not *of* Lent. Advent does not distinguish one day of the week from others as all are a form of preparation so Sundays are *of* but not *in* Advent.

**Bonus Thought:** Being *of* indicates a similarity in essence (like being baptized in the name of the Father, and of the Son, and of the Holy Spirit) and being *in* suggests a temporal location. This is a deeply profound distinction between our two penitential seasons.

# The



# Antiphons

Two years ago, the St. David's Institute released an evening liturgy incorporating the *O Antiphons* for individuals and families to use during the last week of Advent. Most of you are familiar with the *O Antiphons* (even if you're not): we sing them in the the hymn *O Come, O Come, Emmanuel*. The *O Antiphons* date back to at least the 6th century. Together they trace the history of God's covenant with Israel from Creation to the Incarnation.

Head to our website to download the liturgy which was written by Rebecca Taylor and is designed to be used during the evenings of December 17 - 23. You can find it with the other St. David's Institute resources.



[STDAVIDSBYTHESEA.ORG](http://STDAVIDSBYTHESEA.ORG)





## *A Prayer for Advent*

Gracious God, in your steadfast love and mercy you promised to send the one who would be the Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace. Revive and make known in our own time the awe of your renown and your work, that our hearts may be stirred to proclaim the goodness of your redeeming grace which you have given us through your Son Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

- Prayer for Advent by the Rev. Porter C. Taylor

*We invite you to  
use this prayer  
daily as you  
journey through  
Advent.*

## *Lessons & Carols at St. David's by the Sea*

If you are local, we would love to have you join us for Lessons & Carols on Friday, December 16th at 7:00PM!

St. David's by the Sea Episcopal Church  
600 S. 4th Street  
Cocoa Beach, FL





# Advent Formation

## *The Daily Office*

Christians, both lay and ordained, have been praying liturgical prayers daily from the very earliest days of Christianity. The Daily Office is a series of services found in the Book of Common Prayer designed to order your day around prayer. The services, known as "Offices," are Morning Prayer, Noonday Prayer, Evening Prayer, and Compline.

## *Lectio Divina*

Lectio Divina, meaning sacred *reading*, is a contemplative practice of Scripture reading, prayer, and meditation intended to enhance your understanding of God's word.

If you have never tried this discipline, Advent is a great time to start. There are multiple books and resources online to help you begin your practice, but we also think that the Lectio 365 app is a perfect place to start. Head to your app store, type in "lectio," and look for this:



**Pick your verb:** You will see people refer to reading, saying, or praying the Daily Office. This is just a matter of preference.

**X marks the spot:** But since the BCP comes with tassels and not an X, use them! Before you begin, mark the Collect, the Lectionary, and the Office to save yourself some "digging" time.

**Pick an Office, any Office:** Choose one of the Offices and pray it consistently rather than choosing a different Office each day. This allows the words and prayers to "soak in" and become second nature.

**Don't change the pronouns:** By praying the Daily Office, you are joining your prayers with those of people from all over the world even if you're alone, so don't change "we" to "I."

**Mind the gap:** If you miss a day or two, don't "catch up." Instead, just use the correct lessons for your first day back.



## *Additional Resources*

### **DEVOTIONALS**

*Watch for the Light: Readings for Advent and Christmas*

*Heaven and Nature Sing: 25 Advent Reflections to Bring Joy to the World* by Hannah Anderson

*Love Came Down at Christmas: A Daily Advent Devotional* by Sinclair Ferguson

*The Promised One: Advent Readings from Christianity Today 2022*

*Advent for Everyone: A Journey with the Apostles* by NT Wright

*The Art of Advent: A Painting a Day from Advent to Epiphany* by Jane Williams

### **MUSIC**

*Midwinter Carols* (Joel Clarkson)

*Midwinter Carols Volume 2* (Joel Clarkson)

*Advent* (Trinity Music and Marty Reardon)

*Advent to Christmas* (CXVI)

*Advent at Ephesus* (Benedictines of Mary)

*Caroling at Ephesus* (Benedictines of Mary)



## *BOOKS FOR FAMILIES AND CHILDREN*

*Christmas in the Barn* by Margaret Wise Brown

*We Were There* by Eve Bunting

*The Baker's Dozen: A St. Nicholas Tale* by Aaron Shepard

*The Story of the Three Wise Kings* by Tomie dePaola

*Advent Storybook* by Maja Dusikova, Antonie Schneider, Marisa Miller

*Silent Night* by Lara Hawthorne

*Tomie dePaola's Book of Christmas Carols* by Tomie dePaola

*The Jesus Storybook Bible* by Sally Lloyd-Jones

# GIFTS



Jesse Tree Treasures is a small Christian shop based in Minnesota. They sell various ornaments to help you and your family celebrate the Church year. They have ornaments for the *O Antiphons*, Jesse Tree, Advent, Easter, and more.

We highly recommend their shop to you as you prepare your Christmas lists this year. The St. David's Institute is in no way affiliated with Jesse Tree Treasures. We just really love their store!



*Jesse Tree  
Treasures*



<https://www.etsy.com/shop/JesseTreeTreasures>

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