

## + Choose Your Own **ADVENT-ure!** + **Advent 2020**

The new Church year is nearly upon us!  
Why not add something to your devotional life to mark a fresh start?

Choose from the following list of diverse opportunities on the Advent weekdays to deepen your prayer or study—you're encouraged to add **at least one** new **Advent-ure** to your schedule!

### • **MONDAYS**

- + “**Shopping for a Messiah**” series with Bishop Bill Hockin and friends. Video talks made available beginning at 12pm each Monday. Details at [billhockin.ca](http://billhockin.ca).
- + Monday afternoon **Charis Group**—in Cathedral Memorial Hall Lounge, 2:30-4pm. Reading and discussion of the upcoming Sunday Gospel.

### • **TUESDAYS**

- + Short guided meditation on the upcoming Sunday Gospel in the tradition of **Ignatian contemplation** (imaginative prayer), 5:30-6:00 pm on Zoom. Link through the [Cathedral Calendar](#) or from Kurt.

### • **WEDNESDAYS**

- + “**Advent of the Heart**” series—an in-person study of some of the Advent meditations of Alfred Delp, heroic German priest and martyr of the 20<sup>th</sup> century. Cathedral Memorial Hall Lounge, 6-7pm. Sign up with Kurt to access the preparatory reading materials.

### • **THURSDAYS**

- + **Virtual Taizé worship** series, 5:30-6pm on Zoom. A simple and contemplative blend of prayer, song & silence. Link through [the Calendar](#) or from Kurt.

### • **FRIDAYS**

- + “**Mini**” **Advent Lessons-&-Carols** series—in-person and live-streamed (both) each Friday evening, 6-6:30pm, with different musical styles and singers featured:
  - 4 Dec—Come Worship Group
  - 11 Dec—Traditional Choir and Organ
  - 18 Dec—Cathedral Youth Group (CYG)

Please use the [Cathedral Sign-Ups](#) platform if you would like to attend in person.

- Please also consider the diocesan **Advent Retreat** with Archbishop David, online with live teaching and guided prayer. 11-12 December (Fri-Sat), beginning at 4pm on the Friday. Register at [tinyurl.com/fton-advent](http://tinyurl.com/fton-advent).
- **Questions or expressions of interest** can be communicated to Kurt Schmidt <formation at christchurchcathedral.com> or by phone/text to (506) 259-3711. Thanks!

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“Being shaken awake is entirely appropriate to thoughts and experiences of Advent. But at the same time there is much more to Advent than this. The shaking is what sets up the secret blessedness of this season and enkindles the inner light in our hearts, so Advent will be blessed with the promises of the Lord.”

Fr. Alfred Delp, SJ --- December 1944