



Feast + Fast + FERIA
Advent

Resources for a Peaceful Advent
from Our Family to Yours



Feast + Fast + FERIA

This collection contains excerpts from
The Feast Fast FERIA Companion, now in progress.

It is an offering of Feast + Fast + FERIA,
a Barefoot Abbey ministry whose purpose is to aid
families as they grow in holiness and journey to
heaven by living out their Catholic faith each day through
the Liturgical Year.

For more resources to bring the Church Year to life
in your home, to join our monthly mentorship:
the Feast + Fast + FERIA Collective, and to request
a FREE liturgical living consultation that fits all the
ages and stages of your specific family
visit us at

FeastFastFERIA.com

You can also find us on Instagram
@BarefootAbbey

Happy Catholic New Year's Eve, Y'all!

Advent is my absolute favorite liturgical season. It's a new start, it's full of gorgeous music, and it's an opportunity for sacrifice as well as great joy as we await the Messiah.

For Feast + Fast + FERIA Advent I've pulled together all of our family's traditions and customs for Advent from our over fifteen years of liturgical living in the home. There are several things we have gradually added and tweaked things over the years through our changing seasons of life. And with everything I've gathered in one place you can pick and choose what to use and try for your own family with freedom. Since there was too much to organize into a sole pdf file, so you can find it all here: www.BarefootAbbey.com/Advent-CMB/

Feast + Fast + FERIA Advent is also a preview of the Feast + Fast + FERIA Collective, our new monthly mentorship that provides everything you need to live liturgically each month along with a private community, liturgical living workshops, and coaching. You can learn more about the Feast + Fast + FERIA Collective and join our waitlist at www.feastfastferia.com/

While discerning what to add and subtract this Advent, think of the season your family is in; your children's ages and stages; and the time, effort, energy, and budget you have available. Most importantly, think about what will speak to your children best so that they begin to make lasting connections with the true meaning behind the season of Advent. Use those and forget the rest without guilt. Do not the stress to do it all. You can always change it up next year, if need be.

Each Feast + Fast + FERIA Advent resource was lovingly made to help my own children prepare room in their hearts for Christ's coming. And I pray they do the same for your family.

"Rejoice greatly, O daughter of Zion; shout, O daughter of Jerusalem: behold, thy King cometh unto thee..." -Zachariah 9:9

Ad majorem Dei gloriam,

Genie Shaw

CATHOLIC NEW YEAR'S EVE

Before the austerity and somberness of Advent begins and we hunker down to start preparing ourselves for Christmas, our family likes to have one last hurrah to mark the change of the liturgical season and Church year by moving the typical New Year's Eve customs to the Saturday preceding the First Sunday of Advent.

A few of our tried and true traditions for this celebration are to:

- + Pray the Te Deum that often accompanies the end of things, in thanksgiving for the previous year.
- + Sing Holy God We Praise Thy Name (an English Setting of the Te Deum)
- + Cut some evergreen on the property to make our Advent wreath for the supper table (tutorial below)
- + Bless our Advent Wreath (Our People Look East Booklet has this blessing and weekly Advent Wreath prayers)
- + Enjoy something bubbly
- + Shoot off a few left over fire works from the 4th of July - but be sure to save some mortars for St. Barbara's day (12/4)
- + Draw our Christkindls to bless throughout the season. (tutorial below)
- + Select Patron Saints for the Year - our Family 14 Holy Helpers. (poster and cards below)
We add this litany to the end of our family rosary.
- + Make our Religious Resolutions for the year (cards below)
- + Put icons (or holy cards) of our family Patron saints outside the front door to welcome in the New Year for us after the
Eastern Catholic & Orthodox custom.

While we have light, we use this day to start Advinter-izing our home and pull out everything we'll need for the First Sunday of Advent. We gather our Advent book basket, while the mantle is transformed for the season with our Nativity set and the like. And our piano becomes the altar where we place everything we need for the season's devotions including the Advent Candle Calendar my sons made, the Christkindl Crib with straw for our sacrifices, our Christkindl Alms jar, our framed St. Andrew Novena reminder, and our little Jesse Tree with its upside down ornaments to make a path for the Joseph and Mary on a donkey figures to follow to Bethlehem each day.

THE CHRISTKINDL CRIB

During the season of Advent our family takes steps to intentionally slow down so we can create an atmosphere of joyful anticipation and prepare our hearts for both Christ's nativity and His second coming in glory. Advent is a penitential season, though to a lesser extent than Lent. We still try, however, to mirror our Lenten family disciplines with a focus on sacrifice so our children make a clear connection between the two seasons. The main way we do this is through our family's twist on the Austrian Christkindl ("Christ-child") custom.

As part of our Catholic New Year's Eve festivities, the Saturday before Advent begins, we draw names for who will be our Christkindl for the next few weeks. This is the person we will help and make sacrifices for during Advent. They are also the one for whom we will make a small gift to open on Epiphany.

Whenever one of the children goes out of their way to be kind to their Christkindl or makes another sacrifice, they may add a piece of sacrifice straw to the empty Christkindl Crib on our piano. This manger has more and more straw added each day until it is a soft cozy bed when we find baby Jesus after the Christmas Vigil Mass. Our children adore this tangible illustration of their sacrifices and may add alms too.

There is a beautiful old custom of teaching young children to pray for their hearts to be a little manger for Jesus when they receive the Blessed Sacrament. And this Advent tradition supplies the opportunity to deepen that year-round connection as well.

DIY Tutorials

Y'all these really could not be simpler! But they truly add so much to the our home's atmosphere of joyful anticipation during Advent.

ADVENT WREATH

This Advent wreath is just lovely. But it's also the easiest, quickest, and cheapest to pull together. And it has the added bonus of being so simple that even a kid could make it for their family.

Supplies: Large plate, cutting shears, evergreen branches, candles of your choice - we've used everything from tall glass votives to tapers and pillar candles.

1. Grab a plate.
2. Acquire some evergreen clippings from your yard (or a nearby park...). Shoot for them to be about 6-8 inch pieces.
3. Layer your cuttings on the plate in a circle.
4. Finally, add your candles and bless your beautiful Advent Wreath with holy water. You can find the prayer for this blessing with all the other included Advent resources at www.BarefootAbbey.com/Advent-CMB/

ADVENT CANDLE CALENDAR

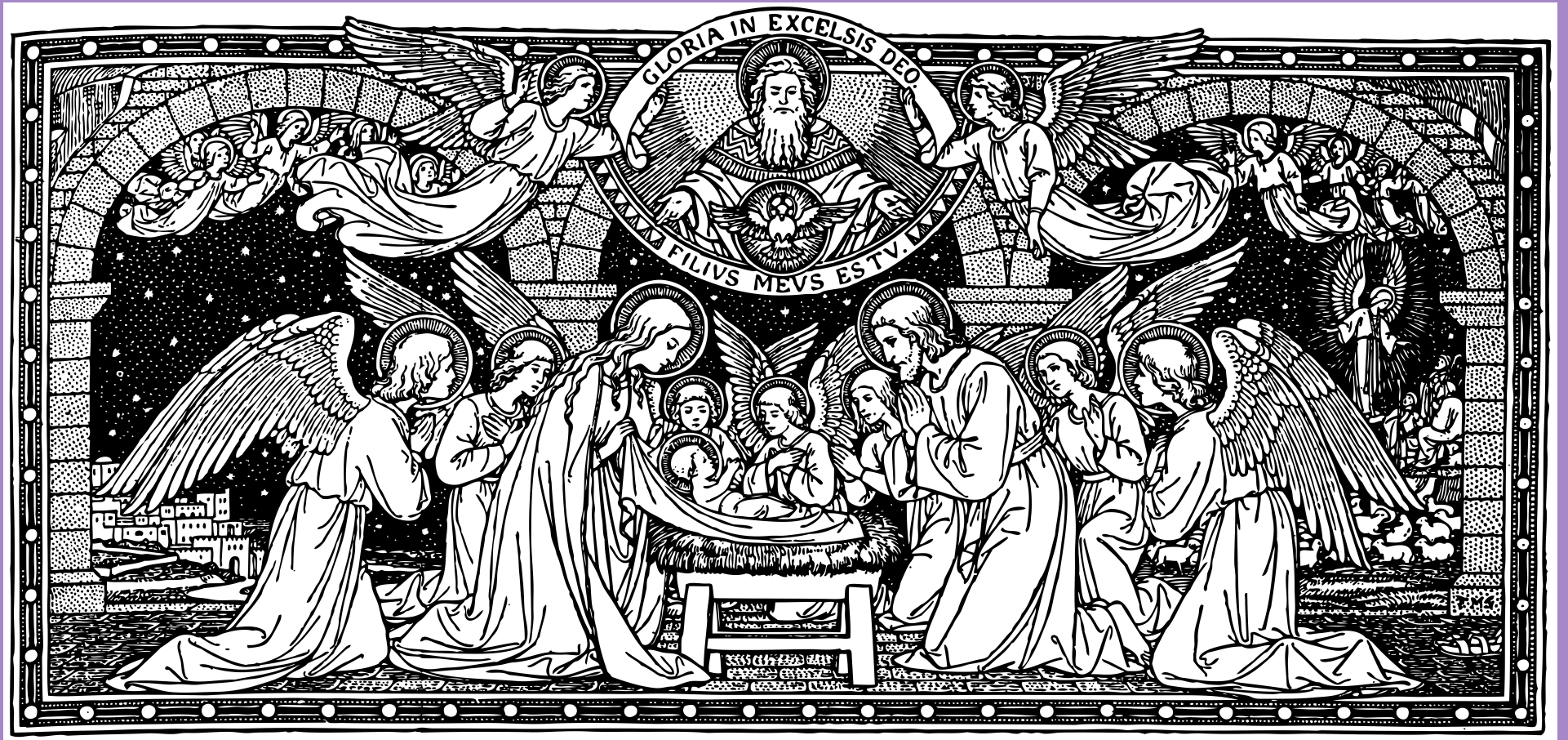
Each day we count up to the birth of Christ by praying for St. Andrew Christmas Novena prayer, also called the Christmas Anticipation Prayer, fifteen times and lighting an additional beeswax birthday candle each day down the line of our wooden calendar. This practice mirrors our Lenten devotion of moving a Faber candle each day of Lent until Easter and reciting the Prayer before a Crucifix. The Advent calendar is on one side and the Lenten calendar is on the other. We also use the Advent side for our at home Rorate Caeli Mass and the Lent side as our hearse for the Holy Week office of Tenebrae.

Supplies: 3 foot long wood 4x4, drill, drill bit (taper sized about 1/8 inch), tape measure, pencil, 28 beeswax birthday candles.

1. Leaving about an inch on both ends, and beginning at zero, mark 28 spots, an 1 1/4 inch apart, down the middle of the beam.
2. Drill about a 1/2 inch deep hole at a hair past each center mark.
3. We left our wood natural, but you could choose to sand and stain it at this point.
4. Twist a birthday candle into each hole. The candles will be a little bigger than the holes.

Veni, Veni,
EMMANUEL
Emmanuel

O Come, O Come,
EMMANUEL
Emmanuel



Christkindl
ADVENT SACRIFICES

Come

Lord

Jesus

Our Holy Helpers **ANNO DOMINI 2022**

Faith
FAITH

Hope
HOPE

Love
LOVE

Our Family Litany
FOR THE YEAR

Our Holy Helpers
FOR THE YEAR

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, ORA PRO NOBIS. _____, ORA PRO NOBIS.

_____, PRAY FOR US. _____, PRAY FOR US.

_____, PRAY FOR US. _____, PRAY FOR US.

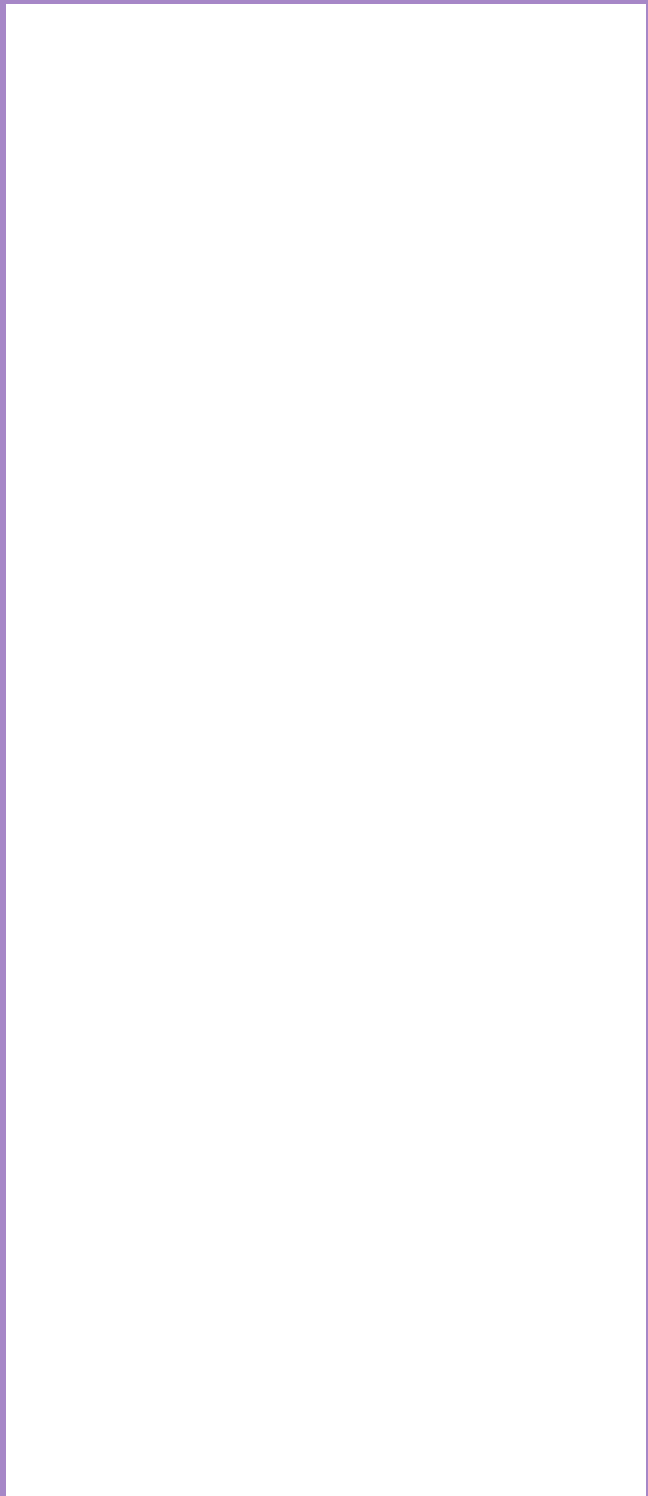
_____, PRAY FOR US. _____, PRAY FOR US.

_____, PRAY FOR US. _____, PRAY FOR US.

_____, PRAY FOR US. _____, PRAY FOR US.

_____, PRAY FOR US. _____, PRAY FOR US.

_____, PRAY FOR US. _____, PRAY FOR US.



Our Family Litany
ANNO DOMINI 2022

Christkindl
ALMS

Sacrifice
STRAW

MY PATRON SAINT
FOR 2022 IS

MY PATRON SAINT
FOR 2022 IS

MY PATRON SAINT
FOR 2022 IS

MY PATRON SAINT
FOR 2022 IS

MY CHRISTKINDL IS

MY CHRISTKINDL IS

MY CHRISTKINDL IS

MY CHRISTKINDL IS

MY CHRISTKINDL
ADVENT SACRIFICES

MY CHRISTKINDL
ADVENT SACRIFICES

MY CHRISTKINDL
ADVENT SACRIFICES

MY CHRISTKINDL
ADVENT SACRIFICES

OUR FAMILY'S CHRISTKINDL
ADVENT SACRIFICES

OUR FAMILY'S CHRISTKINDL
ADVENT SACRIFICES

MY PATRON SAINT
FOR THE YEAR IS

MY PATRON SAINT
FOR THE YEAR IS

MY PATRON SAINT
FOR THE YEAR IS

MY PATRON SAINT
FOR THE YEAR IS

MY RELIGIOUS
RESOLUTIONS:

MY RELIGIOUS
RESOLUTIONS:

MY RELIGIOUS
RESOLUTIONS:

MY RELIGIOUS
RESOLUTIONS:
