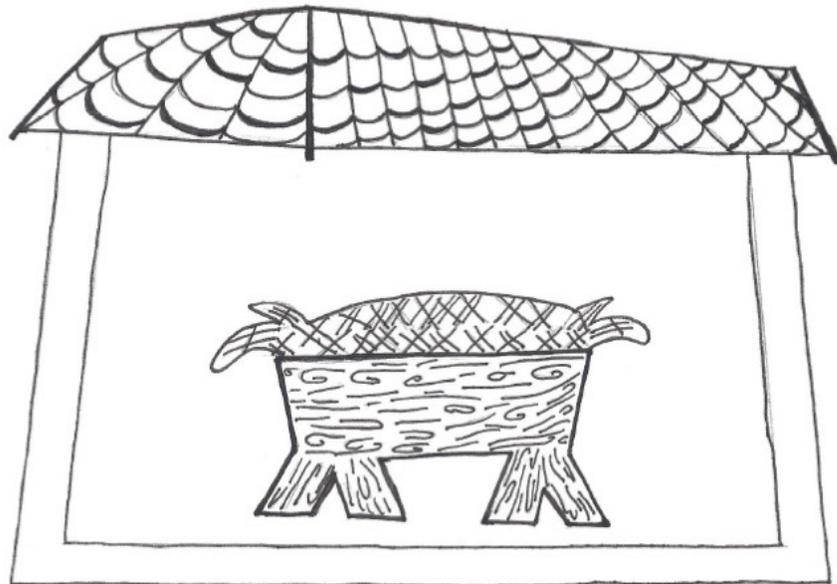
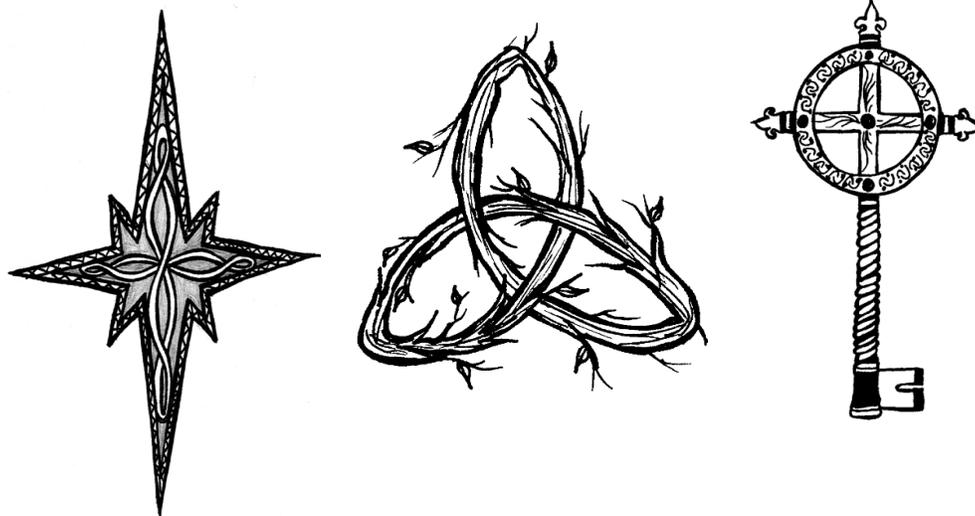


Colour Your Way Through Advent and Christmas



Christine Sine
Shelby Selvidge
Danielle Poland



Colour Your Way Through Advent and Christmas

Sketches based on O Antiphons and
Nativity

Images by Shelby Selvidge and
Danielle Poland

Text by Christine Sine

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Can Coloring become a Spiritual Practice?

Colouring, as in coloring books, crayons, colored pens, paints and pencils are increasing being seen as important spiritual practices that for some provide important insights and spiritual experiences that rival their church attendance. These practices help us relax, reduce stress and promote spiritual awareness.

This idea was first harnessed by Sybil MacBeth in her inspirational book [Praying in Color](#). It walks readers through how to doodle and color while praying for the sick, loved ones or whatever is on their minds. Praying while coloring puts the rational mind on hold and opens a doorway through which our hearts are stirred and engaged.

Praying while reflecting on scripture has a similar effect. It stirs our imaginations to see the scripture in a new light inviting us to interact not just with the words but also with the emotions and images they create.

All religions use art to express themselves — whether it's a painting, a photograph, an icon, a mandala, calligraphy or a cave painting. Our entering into these more visual experiences moves our focus from hearing to seeing, and in the process moves us from our minds to the heart.

There are many images that come to mind as we move towards Christmas. The ones in this booklet depict the O Antiphons, which are explained in more detail below. They are paired with the traditional scriptures associated with these symbols.

The images were originally created for an Advent/ Christmas devotional we produced last year [A Journey Toward Home: Soul Travel for Advent to Lent](#) .

We hope that you will find both the images and the scriptures provide powerful foci for reflection and prayer.

What are the O Antiphons?

An antiphon is a short sentence sung or recited before a psalm or canticle. Many of us are not familiar with this tradition which is best known in Catholic and Anglican churches. The "O Antiphons" are actually more than a thousand years old. They have long been used at the very end of Advent (Dec. 17-23) in the liturgical prayer of the Church, as Antiphons for the "Magnificat" sung or recited during Vespers (the Evening Prayer of the Liturgy of the Hours). They are referred to as the "O Antiphons" because the title of each one begins with the interjection "O". Each antiphon is a name of Christ, one of his attributes mentioned in Scripture. They are most familiar to us today in the Advent hymn, "O Come, O Come, Emmanuel,"

Check out this post [What on Earth are The O Antiphons](#) for music and lyrics to all the antiphons

The hymn [O come, O come, Emmanuel](#) (in Latin, Veni Emmanuel) is a lyrical paraphrase of these antiphons. The first letters of the titles are taken backwards form a Latin acrostic of "Ero Cras" which translates to "Tomorrow, I will be there", mirroring the theme of the antiphons.

Saying the O Antiphons as a family, whether during grace at meals, in front of the manger scene, or in front of the Christmas tree, is a wonderful Advent devotion. To make this devotion even more fruitful, read and meditate together on the Scripture texts on which the antiphons are based.

[This you tube video](#) provides a good introduction to the O Antiphons.

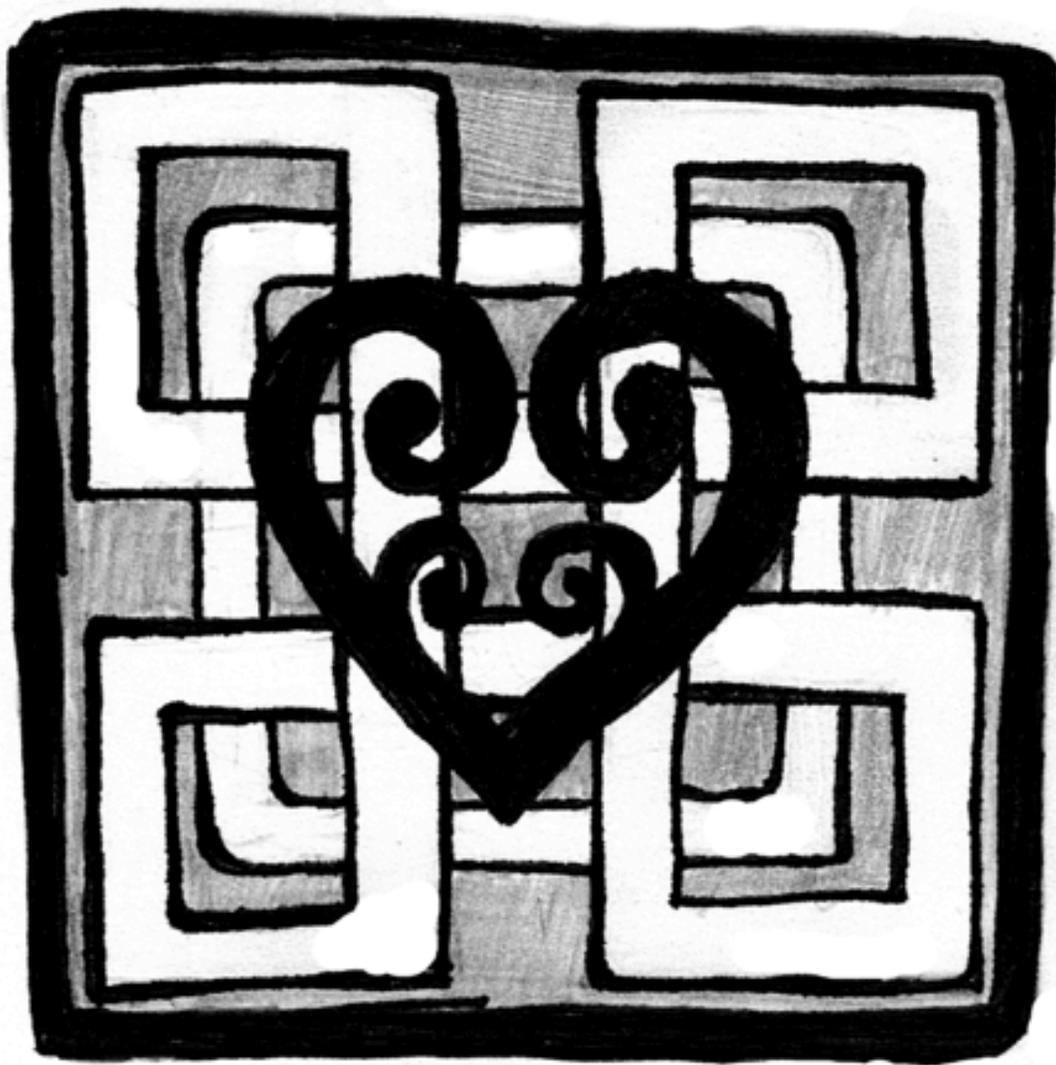
And Catholic Culture suggests [some helpful activities](#) to incorporate in the celebration of the O Antiphons

The [Roman Catholic Lectionary](#) website spells out the O Antiphons and provides Biblical readings for each of them.

[Fisheaters](#) has mp3s of the O antiphons

You may also like to download this [O Antiphon companion booklet](#)

☉ Sapiētia (Is. 11:2-3;
28:29): “☉ Wisdom, you come
forth from the mouth of the Most
High. You fill the universe and hold
all things together in a strong yet
gentle manner. ☉ come to teach us the
way of truth.”



© WISDOM

⊙ *Adonai* (Is. 11:4-5; 33:22):

“⊙ *Adonai* and leader of Israel,
you appeared to Moses in a burning
bush and you gave him the Law on
Sinai. ⊙ come and save us with your
mighty power.”



© LORD

⊙☆ Radix Jesse (Is. 11:1, 10☆):

“⊙☆ stock of Jesse, you stand as a
signal for the nations; kings fall silent
before you whom the peoples acclaim.

⊙☆ come to deliver us, and do not
delay.”



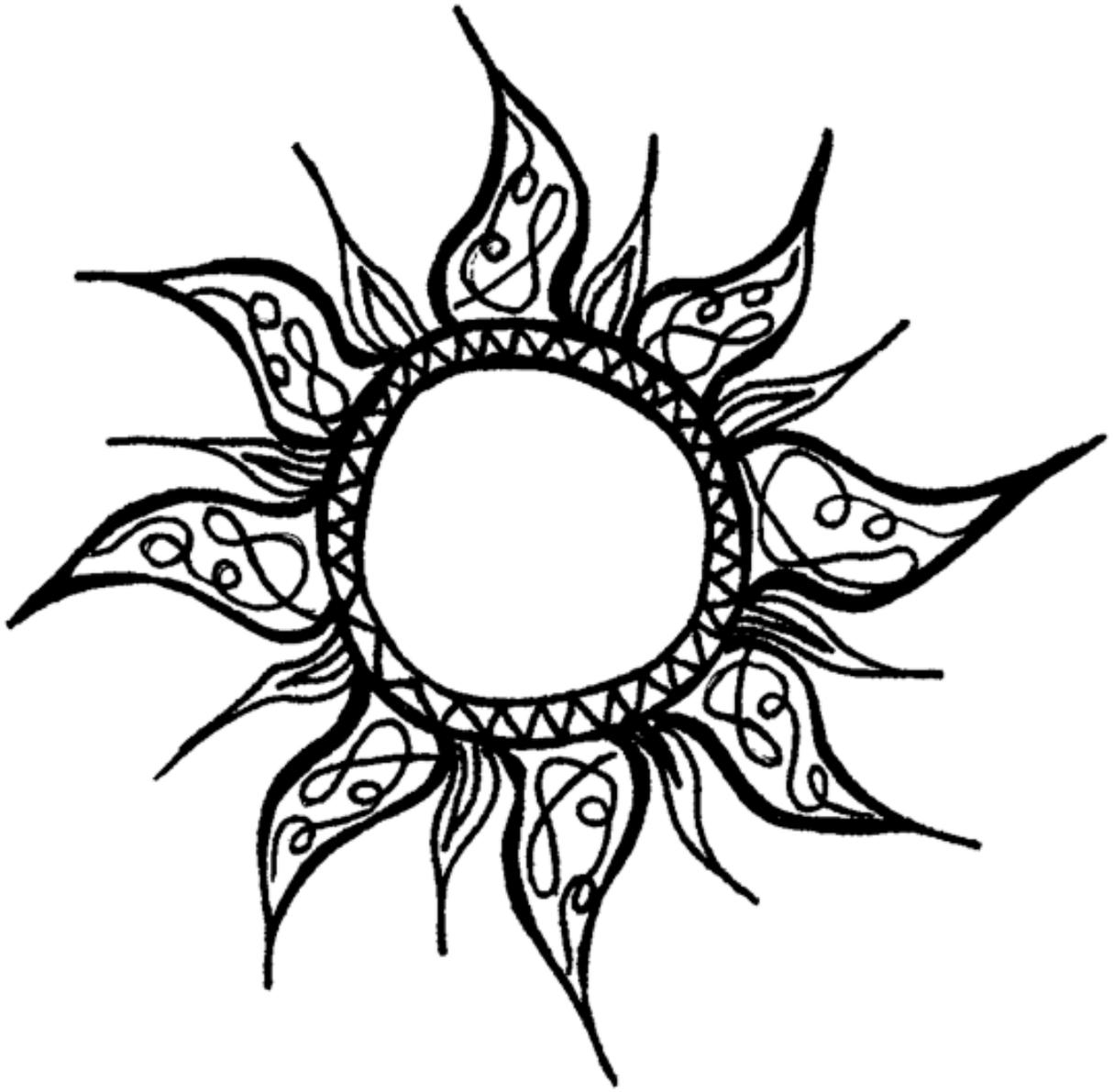
© ROOT OF JESSE

☉ Clavis David (Is. 9:6;
22:22): “☉ key of David and
scepter of Israel, what you open no
one else can close again; what you
close no one can open. ☉ come to lead
the captive from prison; free those who
sit in darkness and in the shadow of
death.”



© KEY OF DAVID

☉ ☉ Oriens (Is. 9:1): “☉ Rising
Sun, you are the splendor of eternal
light and the sun of justice. ☉ come
and enlighten those who sit in
darkness and in the shadow of death.”



© RISING SUN

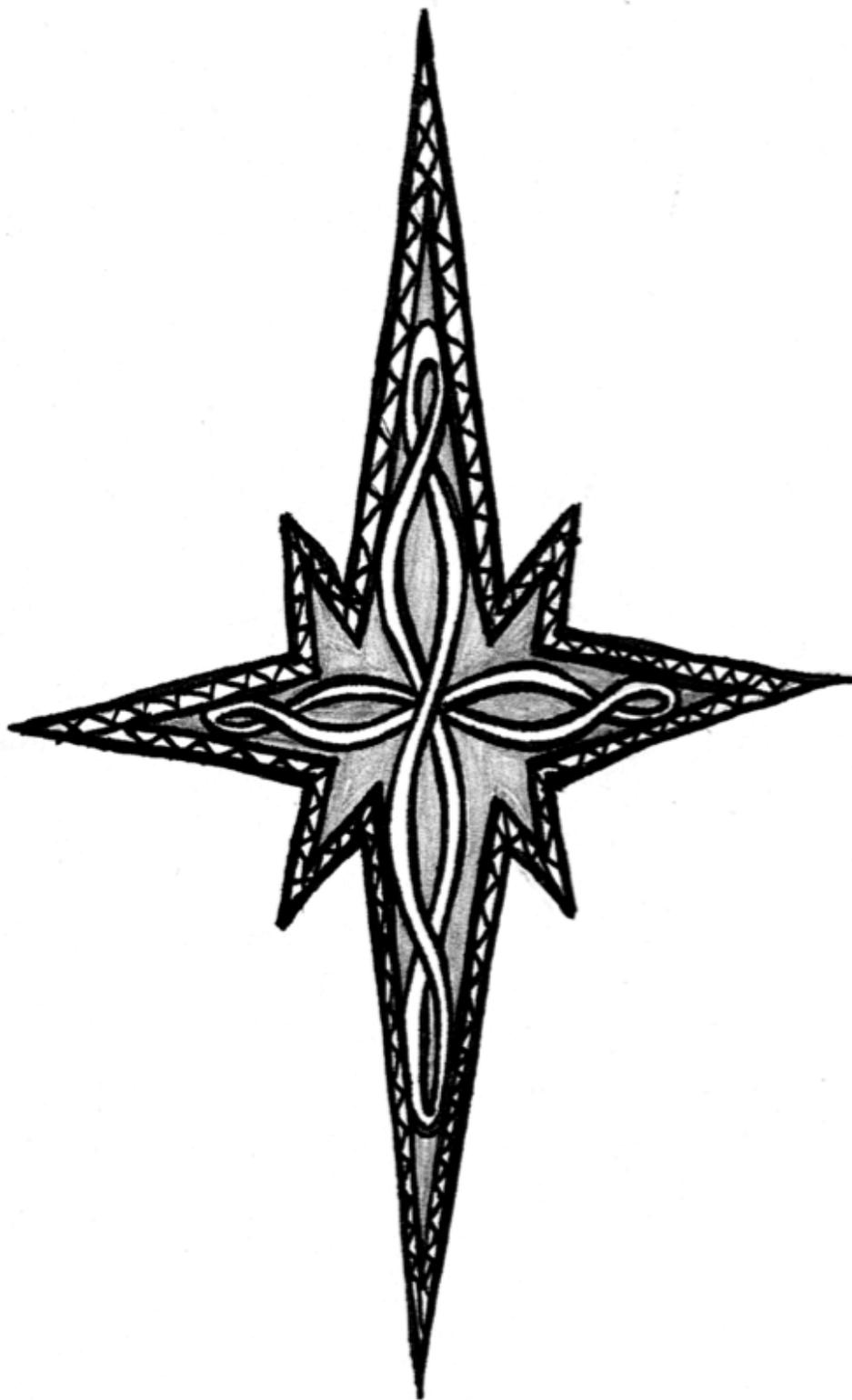
☉ ♂ *Rex Gentium* (Is. 2:4; 9:5):

“☉ ♂ *King whom all the peoples
desire, you are the cornerstone which
makes all one. ☉ ♂ come and save man
whom you made from clay.*”



© KING OF NATIONS

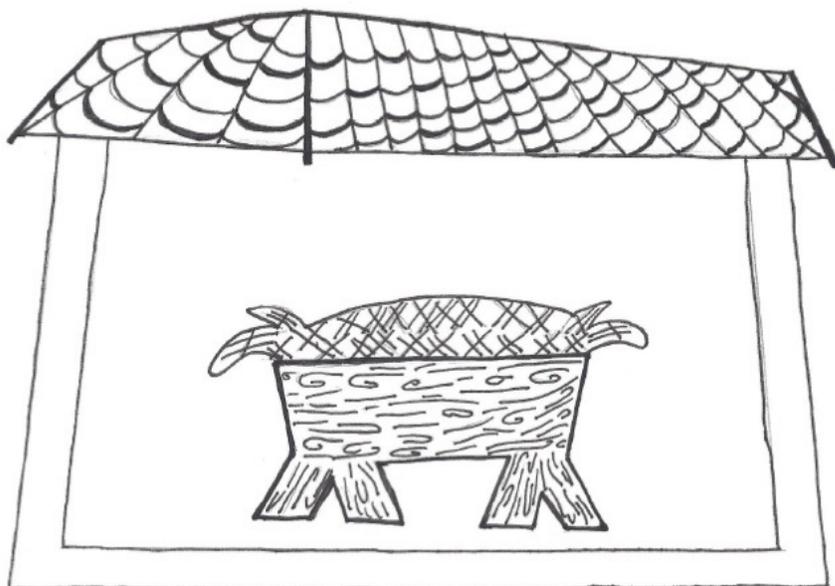
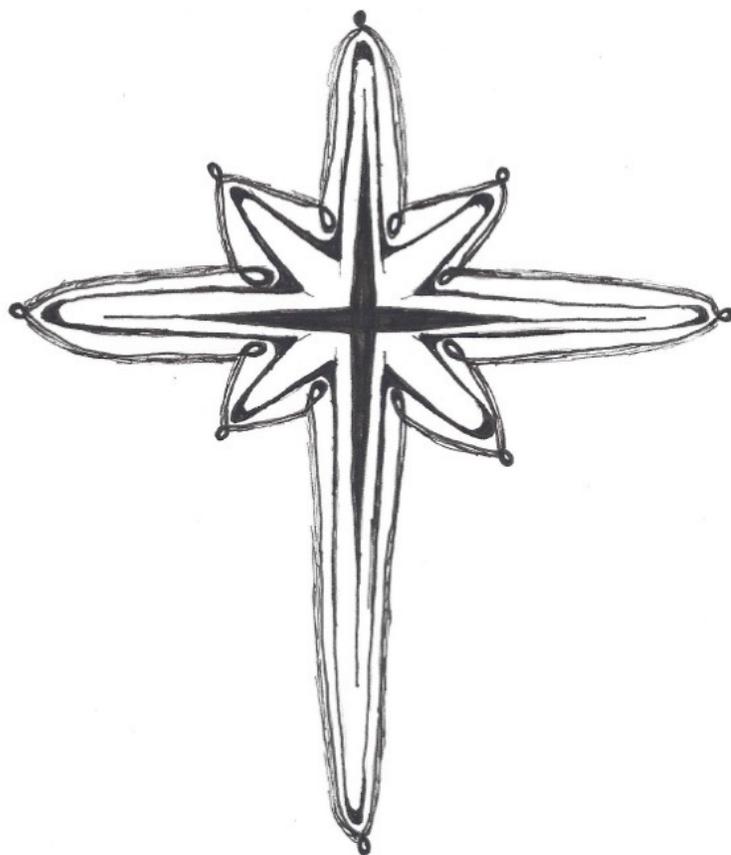
☉ Emmanuel (Is. 7:14) : “☉
Emmanuel, you are our king and
judge, the ☉ One whom the peoples
await and their Savior. ☉ come and
save us, Lord, our God.”



O GOD WITH US

Mary gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.

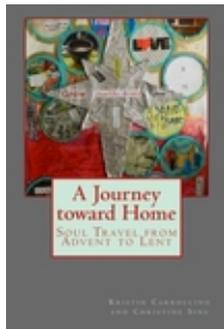
(Luke 2:7 NIV)



Resources from Godspace

For more [Advent and Christmas resources](#) as well as ongoing resources and blog posts that explore the Church calendar visit godspacelight.com

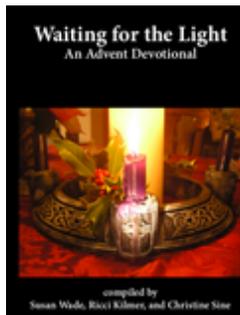
Advent Resources:



A Journey Toward Home

For most of us, the birth of Christ conjures up images of a dirty stable where Jesus and his family are alone and abandoned. As Christmas approaches we imagine the Holy Family, together with a few other outsiders - shepherds, foreigners and animals. Maybe a glowing angel and star overhead, but who else might have been present? *A Journey Toward Home* challenges readers to pose these questions to themselves through daily reflections as well as in weekly gatherings with family, friends, or church communities where all are invited to "Gather, Feast, and Create" during these months surround the birth of Christ, when we welcome God among us.

[A Journey Toward Home](#), draws together fifty-five contributors from eight countries providing daily reflections from many theological and cultural perspectives, shared family activities and recipes that will enrich the season for all of us.



Waiting for the Light

Christians of all traditions are discovering the value of taking time in the days that lead up to Christmas to break away from the consumer frenzy of our culture and prepare their hearts and minds for the coming of Christ. [Waiting for the Light](#) responds to this desire. It is more than a devotional, it is a complete guide to the Advent and Christmas season, providing liturgies, weekly activities and daily reflections to equip and nourish us all through the season.



Advent Videos

Over the last several years Christine Sine has produced a series of Advent reflections with words by Christine Sine and music by Jeff Johnson - check out the series [here](#).