

# ADVENT SYMPHONY OF ★ PRAYER ★

It encourages us for every mood or situation in life in which we find ourselves.

As in every symphony, there are various “movements” in it, that is, various types of prayer: praise, thanksgiving, supplication, reflection, contemplation, and many other forms of personal and group prayer, presenting itself as a choir of all the people of God.

They are songs that the Spirit himself has placed in our hearts as forms and expressions to pray and give thanks, to praise and share, to form a community that loves and celebrates, that awaits his Advent.



## SYMPHONY ON THE ROAD, FROM BARCELONA TO ZARAGOZA

### IN YOUR HANDS

- \* **WALKING TOGETHER:** Setting a route by marking a path.
- \* **SPOTIFY:** Christmas carols... Advent songs... songs of the journey...
- \* **SHARE STORIES:** Create a space for discussion, 2 or 3 people briefly share their stories...
- \* **SILENCE:** Time to contemplate.

Let us end the pilgrimage by singing the Our Father holding hands.

DECEMBER 1ST  
**I ADVENT**



DECEMBER 8TH  
**II ADVENT**



## SYMPHONY BEFORE THE VIRGIN OF PILAR

### TO ARRIVE...TO BE

- \* **ENABLING A SPACE FOR ARRIVAL, FOR MEETING, FOR PRAYER...** What do I offer today? From what I am and what I have...

Bring an object, a metaphor for what I want to offer. At the appropriate moment during the prayer, present it. Briefly share my metaphor.

We ended by saying that phrase from the Our Father with which I most identify.

## SYMPHONY CONTEMPLATIVE FROM THE CRYPT – NSG HOSPITAL

### PLACE OF SILENCE AND CONTEMPLATION

- \* **GUIDED CONTEMPLATIVE PRAYER...LETTING GO, SURRENDERING, GIVING ONESELF...**

Prepare a guided prayer to begin the prayer, which will prepare you to live this moment of prayer in silence. We will end by listening to the Lord's Prayer in Aramaic.

[https://youtu.be/YkC\\_7AxXfLA?si=hbExhaOsciNW9rqv](https://youtu.be/YkC_7AxXfLA?si=hbExhaOsciNW9rqv)

DECEMBER 15TH  
**III ADVENT**



## SYMPHONY BEFORE THE TOMBS

### LIFE...FREE

\* **DANCE OF LIFE** as a Psalm of Hope. (Founders and First Sisters).

This prayer is very personal ... But lived in community it rises to heaven like incense in the Presence of the Lord of Life.

Candles, ribbons, bouquets, water are prepared, or simply with the hands, feet, body, free movements are made, in prayer, gestures that express love, gratitude, praise... for the life given and passed on for the Charity of our Founders and First Sisters.

With instrumental music in the background, the Psalm is read slowly and clearly, while the participants do their own dance as a prayer of gratitude.

We finished by praying the Our Father together in different languages.

DECEMBER 22ND  
IV ADVENT



## HOPEFUL

You have in your hands,  
Life.

You have in your heart,  
possibility.

You have in your gaze,  
dreams.

You have on the horizon,  
Hope,  
you have Him.

They, Maria Rafols,  
Juan Bonal  
and First Sisters,  
They heard it and  
they lived Him.

Your hands are your  
message,  
Walking, loving,  
expressing in gestures  
the call to illusion.

We are part of history  
Congregation,  
We are the Santa Ana  
Family.

Let's go slowly,  
forward,  
making paths,  
crossing borders,  
building home,  
community.

We bring meaning  
on the march,  
unity and identity of style.  
Radical commitment,  
at the meeting.  
Donation without measure,  
in need.

New life sprouts,  
without measuring the  
delivery,  
we bet big  
for authenticity,  
universal identity  
who risks everything.

We are the big family  
universal Saint Anne,  
heirs to a tradition  
that opened Veredas  
of Hospitality.

We are grace incarnate,  
in our relationships,  
in our privacy.  
Gratuity that becomes  
detail.



**FAMILY SYMPHONY PRAYING  
TO THE GOD OF LIFE**



SISTERS OF CHARITY SAINT ANA  
Pastoral Ministry of Education  
Field of Pastoral and Missionary Animation