



Journey Through Advent 2024 – Video Series to Introduce and Reflect on the Season

25 November, 2024

Today, the General Secretariat of the Canadian Conference of Catholic Bishops (CCCB) announces the online weekly video series for this year's Advent season. Designed to help the faithful prepare for the memorial of the birth of Our Lord celebrated at Christmas, these videos provide valuable resources and opportunities for faith formation. Titled [Journey through Advent](#) the series is a collaborative initiative of the Office for Evangelization and Catechesis, the National Liturgy Office, and the *Office national de liturgie*.

This year's reflections will be led by the Most Reverend Frank Leo, Metropolitan Archbishop of Toronto, and the Most Reverend René Guay, Bishop of Chicoutimi. The videos will guide viewers through the Advent season by offering reflections, enriched by spiritual and pastoral insights, on the Gospel readings proclaimed during each of the four Sundays of Advent.

As we prepare for the Nativity of Our Lord, it is hoped that this year's *Journey through Advent* videos will be a source of spiritual comfort, peace, and meaningful preparation for all who watch them.

The videos will be uploaded one at a time on a weekly basis throughout Advent and will be available on the CCCB website each Monday in advance of the upcoming Sunday Eucharistic Celebration (25 November, 2 December, 9 December and 16 December). There are several ways to stay informed of these weekly updates:

- **Bookmark** the home page of the CCCB website <https://www.cccb.ca/>
- **Subscribe** to the CCCB's e-mail news service <https://www.cccb.ca/news/subscribe/>;
- **Subscribe** to the CCCB's YouTube channel [CCCB_CECC - YouTube](#)
- **Follow** the CCCB on Twitter @CCCB_CECC. [CCCB \(@CCCB_CECC\) / X \(twitter.com\)](#)
- **Subscribe to the newsletter of the CCCB Office for Evangelization and Catechesis.** 'Encounter', by visiting <https://www.cccb.ca/oec/encounter/>