2026 NOVEMBER

Interfaith Insider

SAIT Interfaith Centre
sait.ca/interfaith

ADVENT · BEGINS SUNDAY, NOVEMBER 29

A Season of Waiting and Hope

What is Advent?

Advent comes from the Latin *adventus*, meaning "arrival." It is the four-week season Christians observe before Christmas, a time to prepare through prayer, reflection and acts of kindness to celebrate the birth of Jesus. Advent also begins a new church year.

How different churches celebrate

Catholic. Purple vestments, the Advent wreath and a rose-coloured "Gaudete" Sunday of joy in the third week.

Anglican and Lutheran. Wreaths, Advent hymns such as "O Come, O Come, Emmanuel" and candlelit Lessons and Carols services.

Methodist, Presbyterian and United. Families and members take turns lighting the wreath during Sunday worship.

Evangelical and non-denominational. Some light Advent candles or preach a sermon series leading to Christmas; others focus on Christmas itself.

Orthodox. Instead of Advent, the 40-day Nativity Fast begins November 15, a time of fasting, prayer and giving to others.

Learn more at Interfaith Interface on Friday, November 20!

Advent around the world

Germany. In 1839, Lutheran pastor Johann Wichern placed candles on a wooden cartwheel so children could count the days to Christmas, the beginning of the Advent wreath.

Mexico and Latin America. During Las Posadas (December 16–24), neighbours walk from home to home, re-enacting Mary and Joseph's search for shelter.



The Advent wreath

An evergreen circle, a sign of eternal life, holds four candles. One more is lit each Sunday as Christmas draws near.

- **Week 1** · Hope
- **Week 2** · Peace
- **Week 3** · Joy (the rose candle)
- **Week 4** · Love

A REFLECTION FOR STUDENTS

Waiting with hope

Late November can feel like one long countdown of projects, exams and deadlines. Advent invites a different kind of waiting: not anxious, but hopeful. Whatever you believe, try lighting your own "candle" each week with one small act of hope, peace, joy or love.

UPCOMING EVENTS

WEDNESDAY
Nov 4
Diwali Celebration
11:00 a.m.–1:00 p.m.
Stan Grad Atrium

THURSDAY
Nov 5
Let's ROC!!
11:00 a.m.–1:00 p.m.
Aldred Centre

FRIDAY
Nov 6
Restore – Labyrinth Walk
11:00 a.m.–1:00 p.m.
MacDonald Hall

TUESDAY
Nov 17
Sidewalk Talk
11:00 a.m.–1:00 p.m.
Johnson-Cobbe

WEDNESDAY
Nov 18
Sidewalk Talk
11:00 a.m.–1:00 p.m.
Stan Grad Atrium

Remembering

Honouring those who came before



November holds many days of remembrance. Across faiths and cultures, people pause to honour loved ones, ancestors and those who served, each in their own way.

NOVEMBER 1–2

Día de los Muertos and All Souls' Day

Rooted in Mexico's Indigenous and Catholic traditions, Día de los Muertos welcomes the spirits of loved ones home. Families build *ofrendas*, altars of photos, candles, favourite foods and bright marigolds whose colour and scent are said to guide the way. On November 2, Christians mark All Souls' Day by praying for those who have died, visiting graves and lighting candles.

NOVEMBER 8

Indigenous Veterans Day

Thousands of First Nations, Métis and Inuit people volunteered to serve Canada in both World Wars, in Korea and in peacekeeping missions. Many came home to find they were denied the recognition and benefits given to other veterans. First held in Winnipeg in 1994, Indigenous Veterans Day honours their courage and the communities they came from.

NOVEMBER 11

Remembrance Day

At the 11th hour of the 11th day of the 11th month in 1918, the guns of the First World War fell silent. Today, Canadians wear the red poppy, inspired by *In Flanders Fields*, the poem by Canadian doctor John McCrae, and pause for two minutes of silence at 11:00 a.m. to honour all who have served.

NOVEMBER 11

St. Martin's Day

The 1918 armistice fell on the feast of St. Martin of Tours, a 4th-century Roman soldier. One winter night, he cut his cloak in half to share with a freezing beggar. He later laid down his sword, choosing to serve Christ rather than fight, and became a bishop known for compassion. In parts of Europe, children still mark the day with lantern walks.

Each tradition remembers in its own way, with marigolds, poppies, prayers or silence, but all share the same gratitude, love and hope for peace.

Interfaith Interface

Fridays · 11:00–11:45 a.m. · MB305, Stan Grad Building

Nov 20 Orthodox Christian Nativity Fast

Nov 27 The History of Holidays

NOVEMBER 9–13

Reading Week

Take a moment to Read, Relax and Restore.