

Today is the first Sunday of Advent. Advent calls us to a time of patient waiting as we prepare our hearts for Christmas – the celebration of God’s presence among us – anew....We celebrate the God who promises to be with us always - even in the midst of the most trying times.

Each week of Advent we will begin the Liturgy with a time of quiet reflection...so that we may enter into a time of holy stillness – a stillness that cannot be shaken even as the world and our lives seem to spin out of control. Certainly it is easier said than done but together we can begin that practice here – now... as we enter into a time of reflection...

**With quiet music in the background become aware of the way the music relaxes your mind....your spirit... become attentive to your surroundings ...turning your attention inward.....Closing your eyes if you are comfortable....Becoming more aware of being in God’s presence...allowing God’s presence to warm your heart and strengthen your spirit...feeling the peace that is the true gift of this advent season... allowing the words of God’s promise to assure you that God is with you...now....in this stillness....and in the frenzy of life...It is as if God is saying to you personally: I will fulfill my promise to you, be assured that I am with you.....Rest for a moment in the quiet of your heart, with the assurance of God’s word to you...**

May this Advent be a time of our discovering and deepening the life-giving presence of Emmanuel – God-with-us.