

Today is the fourth Sunday of Advent and we continue the practice of quiet waiting –in anticipation of the joy we hope to share at Christmas. We practice the discipline of holding still our center, opening our hearts to the promise of hope, even when we cannot see what is ahead or where the path will lead us. Let us begin this final Advent liturgy with our time of quiet reflection.

*With soft music in the background become aware of the way the music relaxes your body...your mind...your spirit...becoming attentive to your surroundings... turning your attention inward...closing your eyes if you are comfortable....becoming more aware of being in God's presence...God's presence in you...in us...in all the moments of life...reminding us that with God all things are possible... In God hope is restored... life is renewed... love is released....It is as if God is saying to you, to us: you may not see the way through, or know what is possible...but know that I am with you, even in your darkest hour...Believe... that I renew you... in love...*

*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 knowing more deeply the life-giving presence of Emmanuel – God – with – us.