

Today is the first Sunday of Advent. This four week season is meant to focus our attention on the birth of Christ anew in our hearts. Yet Advent comes at the busiest time of the year. What is it that you are focusing on these days? What has your attention?

Whatever it is let us take it to a moment of quiet reflection, freeing our minds and hearts of the frenzy of our days, and noticing God right there in the midst of it! Let us begin a time of reflection.....

**With quiet music in the background become aware of the way the music relaxes 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...allowing God's presence to enfold you...warming your heart and strengthening your spirit...feeling the peace that is the true gift of this advent season... allowing the worries and the concerns of your life to just be...noticing God's presence in the midst of them....knowing that God is with you always, even in the frenzy of life... Rest for a moment in the quiet of your heart, with the assurance of God's word to you...God's presence with you...May this Advent be a time of our discovering the life-giving presence of Emmanuel – God-with-us.**