

Today is the second Sunday of Advent. We continue to make ready our hearts for the birth of Christ, the Prince of Peace, anew in our world today... What is your greatest challenge to peace these days? Who shows you the way of peace?

Let us reflect on these questions in our time of quiet reflection, trusting that God's promise of peace is truly ours. Let us begin our meditation.....

With soft music playing in the background become aware of the way the music relaxes your mind....your spirit... becoming attentive to your surroundings ... Closing your eyes if you are comfortable as you turn your attention inward..... Noticing the peace that is present to you as you sit here now - with your heart open to God...allowing God's peace to settle deep within....warming your heart and strengthening your spirit...knowing the peace that is the true gift of this advent season... allowing the challenges to peace to just be...for God calls you to live the peace that God alone can give.....Rest for a moment in the quiet of your heart, in the presence of God with you...May this Advent be a time of our discovering anew the life-giving presence of Emmanuel – God–with-us.