

## Reflections

*This page will offer monthly reflections on soul-stirring encounters evoked by the author's everyday life experiences. It invites readers to contemplate their own related experiences.*

### **Advent - A Time of Waiting**

by Mary Van Gilder, IHM

Second Week

We wait in darkness, in the place  
where new life grows  
in secret and in silence. We wait in  
darkness for a glimmer  
of dawn, of a new day, of a fresh  
start. We allow old embers  
to fade while we search for sources  
of renewed light and energy.

We welcome the embrace of darkness which helps to reveal the new light of increasing life.



If I find darkness empty and fearful, where do I look for light?  
When I rest quietly in darkness, how do I become aware of new insights?  
Where can I find my center and fill it with trust and hope?

Most loving God, be with me  
in the waiting time of darkness and expectation.  
Bring me the light which discovers seeds and sprouts of renewed hope, of deeper  
trust and of greater expectations.  
Be with me quietly in this journey to the deep source of love.

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**Contact Us** - If there is anything you'd like to share with us, e-mail  
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