

December 2007

We await and prepare for the Christmas. Culturally, this is increasingly a frenetic time of shopping, tree and house decorating, gift and food preparation. Stores opening at 4:00 a.m. the day after Thanksgiving with people running to get the bargains of their choice seem extreme examples of this.

Liturgically and spiritually however, Advent calls us to prepare our hearts for the One born in a simple stable on the first Christmas. It invites us to open ourselves to the One whose Spirit fills our beautiful, suffering and warring Earth and who is the life source within each of us.

With the near frenzy around us, conscious attention to the true meaning of Advent requires a good deal of choice—be it lighting an Advent wreath in our home, setting aside a time of quiet prayer, reflection on the powerful daily liturgical readings, praying and acting for peace and justice in our world, or even transforming the long waits at check-out counters in stores into times of mindful waiting for the One whose coming is at the heart of Christmas.

We need to heed the biblical voice crying out: “In the desert prepare the way of our God. Make straight a highway for our God.”

For your reflection:

What enables you to remain mindful of the true meaning of Advent and of Christmas? How are you opening your heart to the One whose coming we remember and celebrate this Christmas?

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