

# ADVENT – A TIME FOR NEW BEGINNINGS.

## REFLECTIONS AND PRAYERS- Week 2

### REFLECTION - DAYS OF ENLIGHTENMENT & SOLITUDE

### PRAYER

<p style="text-align: center;"><b>Second Sunday in Advent</b> - Read Genesis 1:3-4</p> <p>With joyful hearts filled with hope, we delight as the circle of light grows wider. In this season when we decorate our towns and our homes with lights and colourful symbols, may we also be busy decorating our hearts. <b>Let us deck the halls of our hearts with deeds of compassion for the poor</b>, with acts of love and service to one another and with kindness to all. May the preparation and decoration of our hearts rival the joyous beauty in our homes and cities.</p>	<p style="text-align: center;"><b>Second Sunday in Advent</b> <b>Prepare the way of the Lord; make his paths straight.</b></p> <p>Even as we share the gifts of this table, Lord, grant us to live in harmony with one another, that with one voice we may glorify our Father in heaven. <b>Amen.</b></p>
<p style="text-align: center;"><b>Second Monday in Advent</b> - Read Isaiah 40:3-4</p> <p>We rejoice in the presence of Advent wreaths and Christmas ornaments that not only delight our eyes but also awaken our spirits to the grace of this sacred season. With lighted candles, evergreens, holly and mistletoe we decorate our homes in anticipation of the arrival of the Light of the Word. As we once again view these ancient symbols of the sun's rebirth, may each of our hearts experience a rebirth of God's Son. In these days prior to the great feast, <b>let us call forth in our lives a rebirth of prayer, holiness and justice so that we may truly prepare the Way.</b></p>	<p style="text-align: center;"><b>Second Monday in Advent</b></p> <p>Fields and orchards obeyed your command, Lord God, and prepared the food we are about to eat. Help us also to bear fruit, the fruit worthy of repentance, that you may find a place at our table and in our lives. For you live and reign forevermore. <b>Amen</b></p>
<p style="text-align: center;"><b>Second Tuesday in Advent</b> - Read Mark 13:33-37</p> <p>In this season when we are called to be awake, let us open our eyes to see symbolism in the Advent wreath. Never-ending circle of green, sign of the eternal fire of the sun and the mystery of God, <b>remind us that, regardless of the troubles of our times, the love of God is endless.</b> Awaken within us, advent wreath, to the coming of Christ in every corner of our lives. May we strive in these Advent days to make our hearts one in unbroken unity with God and with all that God has created.</p>	<p style="text-align: center;"><b>Second Tuesday in Advent</b></p> <p>As you bless us with food at this table, may it remind us of your promise that you will never leave nor forsake us. May this food be strength for our bodies as we journey along this advent time. <b>Amen</b></p>
<p style="text-align: center;"><b>Second Wednesday in Advent</b> - Read Isaiah 11:6-9</p> <p>Ancient mistletoe, in whose presence we taste romance and love, remind us that <b>romance is also an essential part of these days of preparations.</b> Sacred plant in whose proximity, long ago, enemies were required to lay down their arms and embrace each other in peace, be for us a sign of peace and love. May our Advent prayers be set afire, as are vigil candles, with a fire of devotion and great love. May we seek to live in true harmony with family members, neighbours and strangers as we prepare for the birth of Jesus Christ.</p>	<p style="text-align: center;"><b>Second Wednesday in Advent</b></p> <p>Let there be peace on earth right now, we pray, among your children, beginning with us. Let us break bread together as members of your dear family. May this meal remind us that you are a God who provides not only for us but for all of creation. <b>Amen</b></p>

Remember: **Christ is the heart of Christmas.** When you address Christmas Cards to send, do the following: as you write out each card say a prayer for the family or person you sending the card to. When you receive a Christmas Card read it and see if it truly brings home the true message of Christmas.

<p style="text-align: center;"><b>Second Thursday in Advent - Read Isaiah 9:1-6</b></p> <p>As we decorate our homes and trees with strings of tiny lights, may we rejoice in their hidden wisdom. May we find hope in these tiny but enchanting lights that transform the common and ordinary into the magical. We often feel so small in the face of the world, for alone we are but one small light. Yet, when we are united in the sacred string of the community of Christ, <b>we become shining and significant signs of the presence of God.</b> Let us, this Advent; join our prayers and good works with all those who yearn for the coming of Christ. By such a linking of hearts and minds we make our world more sacred.</p>	<p style="text-align: center;"><b>Second Thursday in Advent</b></p> <p>O God of hope, you fill us with this food, that we may be strengthened to do your will. As you have promised, fill us also with all joy and peace in believing, that we may abound in hope, by the power of the Holy Spirit. Let that hope be shared by all who hunger.</p> <p style="text-align: right;"><b>Amen</b></p>
<p style="text-align: center;"><b>Second Friday in Advent - Read 1 Thessalonians 3:12-4:2</b></p> <p>Advent is the festive season of candles flickering in the darkness. As a lighted candle in the window is an age-old sign that a traveler is welcome to stop and rest, may the candles we light open the doors of our hearts to the strangers and to any who are in need. <b>May our Advent devotions set aflame in our hearts a candle of compassion for those who seek comfort and consolation.</b> Grant us the grace, O God, to put flesh on our prayers as we share with the poor and needy, part of the good gifts of our lives.</p>	<p style="text-align: center;"><b>Second Friday in Advent</b></p> <p>You have blessed us by your coming among us, Lord Jesus Christ. Thank you for that blessing. Now let these, your gifts to us, be blessed as well. Let your blessings flow to cover the earth, that all may welcome you as a heavenly Guest.</p> <p style="text-align: right;"><b>Amen</b></p>
<p style="text-align: center;"><b>Second Saturday in Advent -Read Romans 13:11-14</b></p> <p>O you who call us to repentance, reveal to us the real work of Advent. As we busy ourselves with cleaning our homes, may we also be reminded of the need to prepare for the Feast of Christmas by sweeping clean our hearts. With the broom and dust pan of prayer may we vigorously remove all sins of neglect and injury to others. With Advent zeal let us remove the spite, anger and resentment that separate us from others. <b>Let our heart-cleaning reach back into hidden corners to remove all that would make us an unfit dwelling place for the word-made-flesh.</b></p>	<p style="text-align: center;"><b>Second Saturday in Advent</b></p> <p>Even so, come, Lord Jesus. Come into our waiting world that needs you so. Come into our waiting home, where you are always welcome. Come into our waiting hearts, and make your dwelling there. And come now to our table, even as you invite us to yours, forever. Even so, come, Lord Jesus. <b>Amen</b></p>

### Activity for the week:

1. Read the reflection given (the block on the left)
2. Try and **eat** a meal together as a family once a day.
3. Place the advent wreath in the center of the table and take turns each day to pray the prayer provided. (right block)

### Reflect during the day on these:

DISCIPLE: "What's the difference between knowledge and enlightenment?"

MASTER: "When you have knowledge you use a torch to show the way. When you are enlightened, you become a torch." (Anthony de Mello)

- ⇒ "Lord, that my life might become simple enough for me to be able to say "yes" when Jesus looks at me." – Henri Nouwen
- ⇒ "In solitude we discover that life is not a possession to be defended, but a gift to be shared." -- from **Out of Solitude** - Henri Nouwen

Try to make time for silence and solitude each day. Take 5minutes out of your busy schedule and become silent before God.

- ⇒ "Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, praising God until we ourselves are a constant act of praise." Richard Rohr