**ADVENT REFLECTION: FIRST WEEK OF ADVENT,**

**NOVEMBER 30, 2014- Sr. Fran Ryan, D.C.**

**SCRIPTURE:**

The Antiphon calls us to the time of Advent with *Psalm 25*: “To You, I lift up my soul, O my God. In You, I have trusted.” The First Readings are from *Isaiah 63: 16b-17, 19b; 64:2-17* and seem to capture a need to ‘clean up our lives’ in preparation for the coming of this astounding ‘Incarnational Moment’ upon us. The last words capture comforting words of assurance: ”Yet, O Lord, you are our Father; we are the clay and you the potter; we are all the work of your hands.” *I Corinthians 1:3-9* reminds us of ‘thanks’ for the grace of God giving us ‘Jesus’. It also presents the theme of Advent including ‘this time of waiting’ and the personal challenge of ‘preparation’. The Gospel of *Mark: 13:33-37* says ‘Be alert! You do not know when the time will come.” “Watch” as you “Wait”; use well the ‘present moment’.

**REFLECTION:**

The word ‘Advent’ comes from the Latin meaning ‘coming’ as though ‘something new is coming’! A precious event is arriving, like ‘the dawn’ for a new day. We wait in anticipation. The Gospel of Mark reminds us that our only tool, in the present moment, is to ‘watch’, that is, to be conscious in our every day lives, experiencing our joys and sufferings, as we await this great gift of the ‘Incarnational Moment’. Jesus Christ arrives as a vulnerable babe in the arms of Mary and protected by Joseph.

**PRAYER: AVE VERUM CORPUS- Mozart**

**Hail, true Body born of the Virgin Mary,**

**Who truly suffered, sacrificed on the Cross for mankind**

**Whose pierced side overflowed with water and blood**

**Be for us a *foretaste* in the test of death.**

**O sweet Jesus, O Jesus, son of Virgin Mary,**

**Have mercy on me. Amen.**

**TRY THIS TODAY:**

As Ladies of Charity, let us consider ‘TT’ (*Ten* minutes, *Thoughts of meditation*, in a favorite chair daily) ‘Waiting’ ….. ‘As I serve others for Christmas, where do I experience God and Blessed Mother in this Advent, 2014’?