

# First Sunday of Advent



The Advent Readings are about preparing our hearts and spirits in readiness for the coming of Christ, “the One who is here and is to come.” In the Psalms, we’re told to begin our prayers with praise and gratitude to God and then challenge ourselves to live more fully. Preparing ourselves is a big project. With all the distractions of the Christmas Season, it is hard to make time to ponder how God is moving in us. And yet, the Readings challenge us to be aware and alert to God’s presence.

I love the joyfulness of shopping and the fun of meeting familiar faces, so alive with good spirits. It sometimes feels like a letdown, on Christmas Day, until I recall that the Readings tell us to trust in God’s enduring presence among us.

I volunteer at the hospital and it was so cold on Friday that I called for a ride. My driver, (I’ll call her Susie) told me how glad she was to see everybody at work again, after she’d been away. She said how much she liked her job and the people she worked with. Her enthusiasm helped me realize that I like my job, too!

I felt God’s presence in our talk and was grateful.

Sister Pat Prunty

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