

ADVENT SPIRITUALITY

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ADVENTUS = COMING

The extraordinary thing that is about to happen is matched only by the extraordinary moment just before it happens.

Advent is the name of that moment.

-- Frederick Buechner



ADVENT THEMES

- Darkness and light
- Active waiting
- Stay awake and alert
- Prepare the way



DISCUSSION

How have you experienced Advent in the past?

What is ending in your life? What is beginning?

Where would you like to have more "space" ?



PRACTICE: WELCOMING WHAT IS

When stress or anxiety arises, welcome them.

Accept any uncomfortable emotion and hold it for 3–6 deep breaths.

Let it go and notice the empty space.

Give thanks to God.

Let whatever is happening happen and go on happening. Welcome whatever it is. Let go into the present moment by surrendering to its content.... The divine energies are rushing past us at every nanosecond of time. Why not reach out and catch them by continuing acts of self-surrender and trust in God?"

-- Thomas Keating



PRACTICE: MAKING SPACE

At home

On your calendar

In your heart

Holy One, whose coming we await, your light illumines the dim places of our lives.
Open our hearts and empty our worries so we have space to welcome you in. Amen.



PRACTICE: ST. LUCIA DAY, DECEMBER 13

"The night treads heavily
around yards and dwellings
In places unreached by sun,
the shadows brood
Into our dark house she comes,
bearing lighted candles,
Saint Lucia, Saint Lucia."



PRACTICE: PRAY BY CANDLELIGHT

Morning

O God, as light comes from this candle,
May the blessing of Jesus Christ come to us,
Warming our hearts and brightening our way.

May Christ our Savior
Bring life into the darkness of this world,
And to us, as we wait for his coming.
Amen.

EVENING LITURGY



ADVENT SPIRITUAL PRACTICES

Welcome what is

Make space

Celebrate St. Lucia Day

Pray by candlelight



CLOSING PRAYER

Holy One, you made us and you know us.
You know our sitting down and our rising up,
You know our thoughts and hopes.

As we begin a new year of seeking and praising you,
And a new season of calm preparation for Christmas,
We pray that we may be enlightened and
strengthened by the Holy Spirit
And drawn joyfully to your service
Through Jesus Christ our Lord,
Amen.

