

First Sunday of Advent 2024

At the beginning of Advent.

This period of reflection there is a real temptation to be negative.

To see the talk of the end of the world only in terms of disaster

But watch yourselves lest your hearts be weighed down.

If my heart is weighed down it tends to be the result of fatigue

Through the fog of weariness

Tired eyes see only work

And tired hands cannot complete the task

So all feels either helpless

Or pointless

However we are people of faith

Knowing that after our death

The last days

all that will remain of us is love

So why do we act

Act from love

Act from kindness

Act from truth

Knowing that the Christ was crucified

No life of dignity will be without suffering

We believe it is worth the cost

So act, pay, and think not of the reward.

There will be signs in sun moon and stars

And on the earth distress of nations in perplexity

Our television sets, social media, radio and press

are very concerned about this distress

It floods in Wales,

Bombs fall in the Ukraine
Little children go hungry in Palestine
And many question the democratic decisions of the most powerful nations
But watch yourselves lest your hearts be weighed down.

The heart can be weighed down as a result of this unrelenting talk of disaster

Through the fog of this misery
Tired eyes see only tragedy
Individual people cannot resolve the issues
So all feels either helpless
Or pointless

However we are people of faith
Knowing that after our death
The last days
all that will remain of us is love
So even when there is little we can do
We continue to defiantly act from love
Act from kindness
Act from truth
Knowing that the Christ was crucified
That no life of dignity will be without suffering
But we believe it is worth the cost
So we act, we pay, and think not of the reward.

In each life unless plagued with boredom
There will be occasions when the powers of the heavens will be shaken
Those around you fainting with fear, panicking
There could be a death in the family
An illness which cannot be evaded
The breakup of a marriage begun with such certainty

Now when these things begin to take place
Straighten up and raise your heads
Each heart can be weighed down by the fear, the uncertainty
Through the fog of this misery
Those tired eyes may see only tragedy
At certain times nothing can resolve the issues
So all feels either helpless
Or pointless
And immediate

However we are people of faith
Knowing that after our death
The last days
all that will remain of us is love
So even when it is not as we thought it should be
We continue to defiantly act from love
Act from kindness
Act from truth
Knowing that the Christ was crucified
That no life of dignity will be without suffering
But we believe it is worth the cost
So we act, we pay, and think not of the reward.

You are not God

You are not God

This the first Sunday of Advent

Recognise your humility

Recognise the incredible dignity of your faith

Then have the courage

To act from love

To act from kindness

To act from truth.

It is enough