

ADVENT ONE

Advent The period before Christmas, like Lent is a period of preparation.

I am a scout and one of the mottos of that great organisation is “Be prepared”

Oscar Wilde a hero of mine once stated

“The best spontaneous things are well prepared”

Preparation does not guarantee success

But without preparation there is a higher chance of failure

Those pushed and buffeted by circumstance tend not to prepare

Dashing from one consequence to another

Like a pinball in an arcade machine

Considering nothing

But reacting to everything

Like a drunk in a brawl in a pub

Lashing out

Frightened

Threatened

Alone

One aspect of spirituality is the preparation of choice

As a priest I am paid to pray

I am paid to spend time focusing again upon what matters

Preparing the choices I am living in

You have to do it for free

To step out of the consequences.

To make choices based upon what you think you should do

Not upon what you feel you have to do.

You will never be in charge that is in the hands of God

However during Advent share in the creative love of God

Take time out

Pray about what is happening in your life

Then find the courage and the wisdom to make choices

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One aspect of spirituality is your body

As the son of a dedicated Irish mother I never learned to cook in my family home

So I have been obliged to focus again on the basic tenants of the kitchen

Preparing the meals I eat

You are also under the pressure of time, temptation, convenience, and calories.

So must step out to prepare what is good for you

To make choices based upon what is wonderful

You will never control your ageing body that is in the hands of God

However during Advent share in the creative love of God

Take time out

Pray about what is happening to your body

Then find the courage and wisdom to make choices

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One aspect of spirituality is the care of those you love

As a priest I have no children but all children, no family but the whole family of God

They can on occasion be very difficult to love

You have been given family, and chosen friends

So must make choices, find time, act, express affection and care.

So you must step out of what it seems you have to do, and prepare goodness for no other reason
than love

To make choices based upon what is wonderful

You will never control your friends or family, that is in the hands of god

However during Advent share in the creative love of God

Take time out

Pray about your relationship with those you love

Then find the courage and wisdom to make choices

Humility

Humility

Humility

Advent is a time of preparation

In order to prepare you must take time out

Or you will be pushed from one consequence to the next

Share in the choice

Choose how to care for your body

Choose how to celebrate those you love

Then place the rest of it into the hands of God