

2nd Sunday of Advent

“A voice cries in the wilderness, prepare a way for the Lord”

Like last week, begin by settling yourself into a chair and be very still. (If you have internet, be ready to connect to You Tube for the music)

Light a candle.

Become aware of your breathing: breathe in slowly, hold it gently and then slowly breathe out fully. After a pause, repeat this for several minutes concentrating on the breath, then when you're ready, just relax and open your heart to God.....

In the first reading (Isaiah: 40:1-2) we hear: ‘Console my people, console them’ says your God. ‘Speak to the heart of Jerusalem and call to her’.

A voice cries, ‘Prepare in the wilderness a way for the Lord. Make a straight highway for our God across the desert. Let every valley be filled in, every mountain and hill be laid low.’”

Music: YouTube Comfort my people, Handel

What needs straightening out in my relationship with God and with others? What hills need to be brought low?

Then, in the **gospel (Mark 1: 1-8)** we read: “Look, I am going to send my messenger before you; he will prepare your way. A voice cries in the wilderness: Prepare a way for the Lord, make his paths straight. And so it was that John the Baptist appeared in the wilderness proclaiming a baptism of repentance for the forgiveness of sins. All Judaea and all the people of Jerusalem made their way to him, and as they were baptised by him in the river Jordan and they confessed their sins”.

In the silence of my heart, ask to be shown what it means to welcome Christ into my life this Advent?

Music: You tube or sing it yourself

O come, O come, Emmanuel, and ransom captive Israel, that mourns in lonely exile here until the Son of God appear. *Rejoice, Rejoice! Emmanuel shall come to thee, O Israel.*

O come, thou Rod of Jesse, free thine own from Satan's tyranny: from depths of hell thy people save, and give them victory o'er the grave. *Rejoice, Rejoice! Emmanuel shall come*

O come, thou dayspring, come and cheer our spirits by thine advent here; disperse the gloomy clouds of night, and death's dark shadows put to flight. *Rejoice, Rejoice! Emmanuel shall come*
Israel. ...

O come, thou key of David, come and open wide our heavenly home; make safe the way that leads on high, and close the path to misery. *Rejoice, Rejoice! Emmanuel shall come*

O come, O come, thou Lord of might, who to thy tribes on Sinai's height in ancient times didst give the Law, in cloud and majesty and awe *Rejoice, Rejoice! Emmanuel shall come...*

*Christ our Advent hope,
bare brown trees,
etched dark across the winter sky,
leaves fallen, rustling,
ground hard and cold,
remind us to prepare for your coming;
remind us to prepare for the time
when the soles of your feet will touch the ground
when you will become one of us
to be at one with us.*

Kate McIlhagga

