

## Advent 2020

On this **First Sunday of Advent** we are reminded that we are beginning 4 weeks of spiritual preparation for Christmas. So let's find time today – say 20 mins - to start our preparation.

*Begin by settling yourself into a chair. Turn off the TV, the mobile and...and ....*

*But have something ready to connect you to Youtube for the music!*

*Light a candle. Become aware of your breathing and just relax and open your heart to God.....*

**Music:** The Candle Song - Graham Kendrick

We sang 'God is with us' and God is, and yet we are preparing for his coming at Christmas. What does that mean? Maybe it is about renewing and refreshing our recognition of him in our lives...

In the **1<sup>st</sup> reading at Mass** today we read:

**'Why do you let us wander from your ways?' (Isaiah 16:17)**

How do you answer that for yourself? How do you wander, where do you wander to?

And in **the Psalm (80)** the response is:

**'Lord, make us turn to you; let us see your face and we shall be saved.'**

What will help you to return to God? What sort of reception do you expect?

Listen to the words of **the song** as God says to you : **'Come back to me with all your heart'**

words Gregory Norbert OSB sung by Western Priory



Come back to me with all your heart.

Don't let fear keep us apart.

Trees do bend though tall and straight,

So must we to others' call.

Long have I waited for your coming

Home to me and living deeply our new life.

The wilderness will lead you

To your heart where I will speak.

Integrity and justice with tenderness you shall know.

You shall sleep secure in peace, Faithfulness will be your joy.

In the **Gospel** for today we read, Mark 13: 33-37:

**‘Watch, therefore; you do not know when the Lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning.’**

This is a reminder to be alert, to stay awake, to be aware, to notice where God may be inviting us to find Him. You have begun your preparations to welcome Him by opening your heart to God today.

**Pray this prayer from your heart:**

Open our eyes, Lord  
especially if they are half-shut  
because we are tired of looking,  
or half-open  
because we fear to see too much,  
or bleared with tears  
because yesterday and today and  
tomorrow are filled with the same pain,  
or contracted  
because we only look at what we want to  
see.  
Open our eyes, Lord  
to gently scan the life we lead,  
the home we have  
the world we inhabit,  
and so to find,  
among the gremlins and the greyness,  
signs of hope we can fasten on and  
encourage.  
Give us, whose eyes are dimmed by  
familiarity,

a bigger vision of what you can do  
even with hopeless cases and lost causes  
and people of limited ability.  
Show us the world as in your sight,  
riddled by debt, deceit and disbelief,  
yet also  
shot through with possibility  
for recovery, renewal, redemption.  
And lest we fail to distinguish vision from  
fantasy,  
**today, tomorrow, this week,**  
**open our eyes to one person**  
**or one place,**  
**where we** – being even for a moment  
prophetic –  
**might identify and wean a potential in**  
**the waiting.**  
**And with all this open our eyes, in**  
**yearning for Jesus.**

From Cloth for the Cradle - Wild Goose Worship Group



