

Reflection Friday Week 1 Advent 2020

Don't we all want to be touched by Christ and see more clearly how to live our lives and help make the world a better place for ourselves and our children? Macrina Wiederkehr "There is nothing so healing in all the world than real presence. Our real presence can feed the ache for God in others." Being awakened is an Advent theme. Macrina offers the following:

Getting up in the morning and waking up are not necessarily the same. When we rise in the morning we do not automatically rise 'AWAKE'. When we open the curtain to morning, is it just the sun getting in our eyes or is it light streaming through our being? I offer you a practice for waking up using a poem by Denise Levetov. In the olden days a person was often knighted for a special task of honour and sent forth to accomplish some significant mission. Surely each day is calling us to a beautiful task, a mission designed particularly for us. The art of moving through the day waking up to our call is a sacramental journey - a pilgrimage through the hours.

On your next rising from sleep, try this: Imagine that the Spirit, hovering over you, lays upon your shoulder a sword of emerging love, calling you to go into the day **awake**. The tasks, awaiting you, sense the Spirit's affirming invitation, "You can do it!" Whatever it is – you can do it! Are you being called to compassion? Or, perhaps, to joy? Are you called to be a sacramental presence to those you encounter this day? Are you being called to trust, or to forgiveness? To a new work? To a piece of justice that needs your voice? Or, are you being called simply, to wake up?

READ THE POEM BELOW VERY SLOWLY AS YOU EXPERIENCE THE SWORD OF THE SPIRIT PIERCING ANY RESISTANCE IN YOU.

A certain day became a presence to me;
there it was, confronting me – a sky, air, light;
a being. And before it started to descend
from the height of noon, it leaned over
and struck my shoulder as if with
the flat of a sword, granting me
honour and a task. The day's blow
rang out, metallic – or it was I, a bell awakened,
and what I heard was my whole self
saying and singing what it knew: I can. Denise Levertov

An English man, German, French and Italian are standing at the side of a street watching a street performer. The street performer noticed that they all have poor eye sight so he asked them whether they can see him and they responded: **Read the answer out loud.** Ja = Ya

"Yes"

"Oui"

"Sì"

"Ja"