

Reflection Monday 1st Week Advent 2022

Memory Awakens Hope (Joseph Cardinal Ratzinger)

Advent is concerned with that very connection between memory and hope which is so necessary to man. Advent's intention is to awaken the most profound and basic emotional memory within us, namely, the memory of the God who became a child. This is a healing memory; it brings hope. The purpose of the Church's year is continually to rehearse her great history of memories, to awaken the heart's memory so that it can discern the star of hope. It is the beautiful task of Advent to awaken in all of us memories of goodness and thus to open doors of hope.

Take Time to be Aware (Edward Hays)

Take time to be aware that in the very midst of our busy preparations for the celebration of Christ's birth in ancient Bethlehem, Christ is reborn in the Bethlehems of our homes and daily lives. Take time, slow down, be still, be awake to the Divine Mystery that looks so common and so ordinary yet is wondrously present.

An old abbot was fond of saying, 'The devil is always the most active on the highest feast days.'

The supreme trick of Old Scratch is to have us so busy decorating, preparing food, practicing music and cleaning in preparation for the feast of Christmas that we actually miss the coming of Christ. Hurt feelings, anger, impatience, injured egos — the list of clouds that busyness creates to blind us to the birth can be long, but it is familiar to us all.

"Life is a constant Advent season: we are continually waiting to become, to discover, to complete, to fulfil. Hope, struggle, fear, expectation and fulfilment are all part of our Advent experience. May this Advent season be a time for bringing hope, transformation and fulfilment into the Advent of our lives."

A man was telling friends how first-aid classes had prepared him for an emergency.

"I saw a woman hit by a car," he said. "She had a broken arm, a twisted knee and a skull fracture."

Friend "How horrible! What did you do?"

"Thanks to my first-aid training I knew just how to handle it. I sat on the curb and put my head between my knees to keep from fainting."