Advent & Christmas Reflection by Mary Hamilton, SHCJ

Advent is a season of waiting for what we have experienced before, yet the season feels new when it returns.

I am not the same person I was last year; therefore, I hear the scripture readings differently.

As the darkness and cold increase in the northern hemisphere, where I live, I frequently find that my spirit grows cold and experiences darkness.

I need the Light of the world to come into my heart.

Advent progresses, and I am eager to celebrate the fullness of God contained in an infant. Angels sing, shepherds arrive at the stable, and a star is visible day and night to herald the birth of a king.

During the Christmas celebrations, my hope is rekindled. Darkness is replaced with Light.

I am ready to walk with confidence into the new year.

“The people who walked in darkness have seen a great light; Upon those who lived in a land of gloom a light has shone.” -Isaiah 9:1

How do Advent and Christmas help you?