

## **SECOND WEEK OF ADVENT**

As we begin the second week of Advent we hear, “Prepare the way of the Lord, make straight his paths.” (Mt. 3:3) Along our Advent path, we are provided a myriad of ways to help us prepare for the coming of our Savior. Our Scriptures of hope, justice, and peace give us a beginning. “By endurance and by the encouragement of the Scriptures we might have hope.” (Rm. 15:4) This hope leads us to practice justice, as “Christ shall have pity for the lowly and the poor; the lives of the poor he shall save.” (Ps. 72:13)

By living out our faith in action in doing acts of kindness for the poor, we can help bring about peace in small ordinary ways. Our world is in dire need of peace and moving toward a more peaceful world starts in our own immediate communities. During our Advent journey let us receive the Sacrament of Repentance so that we can live our baptism of water and the Spirit and be on fire to be people of hope, justice, peace and love. In this way we can deepen our relationship with Christ, being disciples bringing Christ to one another and to the whole world.

This Advent season take a breath and reorient your heart and mind to the mission and message of Christ. Some suggestions to grow in your Catholic faith during this season are:

- Make Sunday Mass a priority;
- Reflect on the Mass scriptures ahead of coming to Mass;
- Do some spiritual reading, such as using the Little Blue Book or another Advent resource;
- Simplify your life, inwardly and outwardly;
- Do something for someone else, reaching out to people in need.

One way that Christ is reflected in our character is to demonstrate how we should shower people with kindness that can do nothing for us in return.

Advent is a time for reflecting, reaching out and growing – mind, body and spirit.