

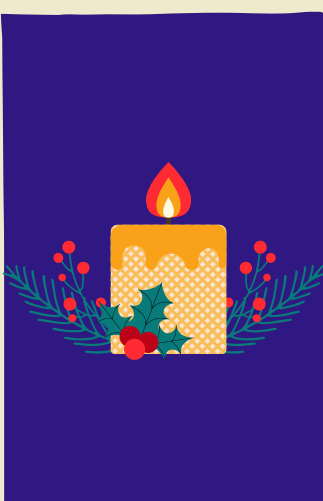


# Ready, Steady, ...

## #Advent2021

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### Advent and the true spirit of Christmas

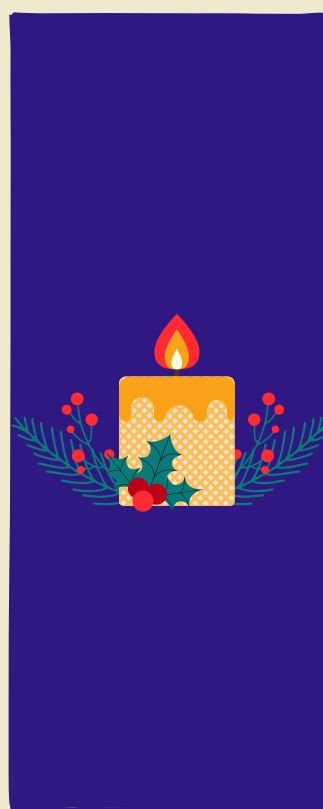


#### ...Slow!

Advent can so easily be cluttered with shopping, parties and activities. But less can be more. Whether it's going for a walk, drinking a cup of coffee whilst doing nothing or setting aside a night per week as a "no technology night" when we slow down, it becomes much easier to focus on what is really important and life-giving.

#### ...Solidarity!

Advent typically bring out our spirit of solidarity. Whether it's donating to an NGO, visiting a lonely person or standing in solidarity with victims of injustice, solidarity brings light to darkness. But a yearly token gesture of generosity is not Christian solidarity. True solidarity is in fact a matter of justice which involves creating a mindset which thinks in terms of the community and the priority of the common good over the appropriation of goods by a few.



#### ...Simplicity!

Just like the Magi, we are pilgrims. Jesus is the star that guides us through the chaos of our lives and reminds us that we do not need to accumulate things in order to live meaningful lives. Cramming our lives with goods and experiences can hinder us from having life in abundance. This Advent, whether it's in choosing presents, deciding on the type of food we are going to consume or whether we should use wrapping paper, let's invite Jesus to help us declutter our lives and clear out whatever prevents us from threading gently on the earth, sharing with our neighbours and living justly in our communities.

#### ...Silence!

In this society that moves at warp speed and has an opinion on everything and tries to do it all and record it all on Social Media, we find it extremely hard to hard to be quiet. But an essential precondition of receiving of the Word of God made flesh is that we are actually listening and looking out for Him. Whether it's in the word of Scripture, or the face of our brother/sister in need, or in the beauty of creation, silence can become a place of holy encounter.

