

## CLOSING PRAYER

(Source: [www.hnp.org/jpic/advent/](http://www.hnp.org/jpic/advent/))

You are holy,  
Lord, the only God,  
and Your deeds are wonderful.  
You are strong.  
You are great.  
You are the Most High.  
You are Almighty.  
You, Holy Father are King of heaven and earth.  
You are Three and One, Lord God, all Good.  
You are Good, all Good, supreme Good,  
Lord God, living and true.  
You are love.  
You are wisdom.  
You are humility.  
You are endurance.  
You are rest.  
You are peace.  
You are joy and gladness.  
You are justice and moderation.  
You are all our riches, and You suffice for us.  
You are beauty.  
You are gentleness.  
You are our protector.  
You are our guardian and defender.  
You are our courage.  
You are our haven and our hope.  
You are our faith, our great consolation.  
You are our eternal life, Great and Wonderful Lord,  
God Almighty, Merciful Savior.

Bless us and keep us Lord.  
Show your face to us and have compassion on us.  
Turn your face to us and give us peace!  
Ament



## The Catholic Women's League of Canada



## Spiritual Program

## *ADVENT REFLECTION AND PRAYER*



## AN ADVENT REFLECTION

(Source: [www.creighton.edu/CollaborativeMinistry/Advent](http://www.creighton.edu/CollaborativeMinistry/Advent))



It's halfway through Advent and sometimes we are not sure what happened. We really wanted to make this a reflective and calm season, preparing for Jesus' birth and pondering how he came into this world in such a stunningly humble way. But it's so busy and we're distracted and sometimes even short-tempered with those we love the most. Where is Jesus in THAT?

We are discouraged and wish we could start over. But as we sit here in the rare moment of silence, we contemplate his birth. In a bed of straw, with the smell of manure everywhere. It's a mess in that stable ... and come to think of it, our lives are a little messy, too. We suddenly see that it is not just into the mess of the stable but into our mess that Jesus enters the world. He came into a humble place and that humility is often where we live our life - feeling guilty or distracted and wishing we were a better person. But if we stop thinking of ourselves and focus on Jesus, we realize that there he is, waiting to love us, even though we have so many unfulfilled good intentions about prayer, so many desires of how to change this fleeting Advent season.

We can begin Advent today and make this season deeper by making room in our hearts for Jesus. We can take just a moment before we get out of bed in the morning and feel the empty place in our life we so often fill with our busy-ness. It is there we need Jesus the most.

We can invite Lord Jesus into that dark and lonely spot in our hearts because he knows what we need more than we do. If we only carry that thought with us each day, it will prepare us for Christmas.

We thank you Jesus! You are waiting to enter our lives today, where ever we let you in. Help us to open our hearts in these remaining days.

## ADVENT PRAYER

By Henri Nouwen

Lord Jesus, Master of both the light and the darkness, send your Holy Spirit upon our preparations for Christmas.

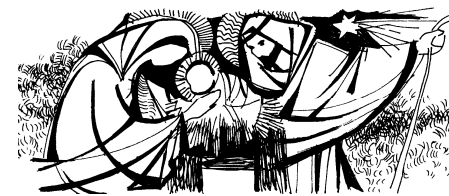
We who have so much to do seek quiet spaces to hear your voice each day.

We who are anxious over many things look forward to your coming among us.

We who are blessed in so many ways long for the complete joy of your kingdom.

We whose hearts are heavy seek the joy of your presence.

We are your people, walking in darkness, yet seeking the light. To you we say, "Come Lord Jesus!"



## LEAGUE PRAYER