



A Journey through Advent

Week 1: Wednesday

...the Lord of hosts will provide for all peoples a feast of rich food
and choice wines

Isaiah 25



"...throughout this year, I have also experienced a surging of hope within me. This hope is due to the efforts of young people — Generation Z as they are called — around the world. They have organized protests, crowdfunded and run national and global campaigns through social media.

All around me, I see these groups of people model what community should be all about, by starting food and gardening programs in their communities, organizing carpools and accommodation during protests, fact checking and educating us through their ingenious use of social media, and by constantly reminding us that in any struggle any progress made that excludes the disenfranchised is not true victory but a cop-out.

They have disrupted our usual way of proceeding and we owe them our collective thanks for awakening us from our slumber and stupor."

Sr. Mumbi Kigutha, a member of the Sisters of the Precious Blood, Ohio
(Nov.2020)



Music to listen to...

Be still, for the presence of the Lord...

<https://www.youtube.com/watch?v=ZJMaOxdu6B4>

He's got the whole world in his hands

<https://www.youtube.com/watch?v=12CmOw5MY0E>

A Mindful Moment...

Put a post-it note on the fridge to remind yourself to feel gratitude for having food to eat.

A Thought to Carry Through the Day...

Thank you, God, for everything in my life.
The good and the bad. Some were blessings
and some were lessons.

Anonymous