



A Journey through Advent

Week 2: Wednesday

They that hope in the Lord will renew their strength, they will soar as with eagles' wings; they will run and not grow weary, walk and not grow faint.

Isaiah 40:31



The carpenter I hired had just finished a rough first day: a flat tyre made him late, his electric saw quit and now his ancient van refused to start. As I drove him home, he sat in silence. On arriving, he invited me in to meet his family. Near the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. Once inside, he underwent a total transformation. He was full of smiles, hugged his children and kissed his wife. As I was leaving, we passed the tree and I asked him about what he had done earlier. "Oh, that's my trouble tree", he replied. " I know I can't help having troubles on the job, but troubles don't belong in the house with my wife and children so I just hang them up on the tree every night when I come home. In the morning I pick them up again. Funny thing is," he smiled, "the next morning there aren't nearly as many as I remember hanging up the night before."

Author Unknown

Come to me.... and I will give you rest... Mt 11:28

Music to listen to...

Come unto me all who are weary
<https://www.youtube.com/watch?v=Taugd8mEjRk>

On Eagle's Wings
<https://www.youtube.com/watch?v=d6E-Mw1fnzE>

A Mindful Moment...

Spend one minute in a quiet place in silence - what can you hear? (Complete silence is hard to find!)

A Thought to Carry Through the Day...

I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars.

Og Mandino

How green is your Advent? Try not to use unnecessary plastic packaging.
Adapted from *Jesuits and Friends Advent Calendar 2020*