



A Journey through Advent

Week 3: Friday

**O Leader of the house of Israel,
Giver of the Law to
Moses on Sinai:
Come to rescue us with
your mighty power.**

Gospel Acclamation



Pope Francis has spoken of St Joseph as “a man of dreams, but not a dreamer”. He was a man of great faith who did not argue with the angel in his dreams but who unquestioningly obeyed the will of God; a man of dreams with his feet firmly on the ground.

The angel told Joseph not to be afraid ... easily said ... but Joseph, who is never heard to speak in the scriptures, responds by actions: he takes Mary to his home. He does not utter a word, but speaks volumes.

Joseph’s example teaches us that following God’s will can be done quietly and gently.

Adapted from *Catechists’ Journey*, Loyola Press

Music to listen to...

Beyond the moon and stars

<https://www.youtube.com/watch?v=k2R7uMU8gHU>

In the Quiet

<https://www.youtube.com/watch?v=sdqv0t-cYW8>

A Mindful Moment...

Allow yourself to daydream for a couple of minutes in silence.

A Thought to Carry Through the Day...

It is better in prayer to have a heart without words than words without a heart.

Mahatma Ghandi

How green is your Advent? Rejoice, rejoice....and recycle!

Based on *Jesuits and Friends Advent Calendar 2020*