

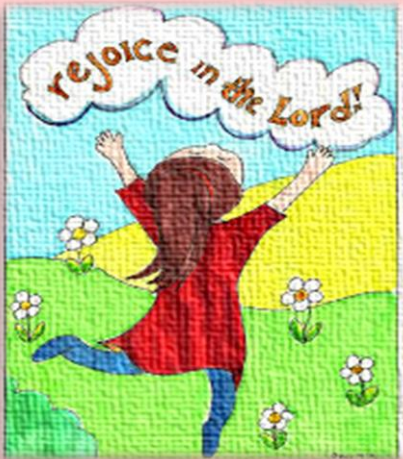


A Journey through Advent

Week 3: Sunday

**May the God of
peace make you
perfect and holy.**

1 Thessalonians 5:23



Today is Gaudete Sunday, when we shift our reflection from "the Lord is coming" to "the Lord is near." *Gaudete* in Latin is a command, not an invitation. It is the first word in the Latin version of today's entry antiphon: *Gaudete in Domino semper* - Rejoice in the Lord always.

In the penitential season of Advent, the priest normally wears purple, but today the mood lightens a little and the vestments may be rose-coloured, as is the third candle of the Advent wreath.

When the focus of our recent lives has often been negative and fearful, this celebration reminds us that God is still in charge and that we await his coming not with fear, but with tremendous joy.

adapted from publications from the United States Conference of Catholic Bishops

Music to listen to...

Gaudete in domino semper

<https://www.youtube.com/watch?v=TvpeScOFBW8>

God's Spirit is in my Heart

<https://www.youtube.com/watch?v=L-ibXHqsUTw>

A Mindful Moment...

Have a good look at yourself in a mirror and smile... then laugh out loud!

A Thought to Carry Through the Day...

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.

attributed to Abraham Lincoln

How green is your Advent? If you can, make a donation to a local foodbank, homeless shelter or refuge.

from Jesuits and Friends Advent Calendar2020