



# A Journey through Advent

Week 4: Tuesday

**O Root of Jesse,  
set up as a sign to  
the peoples,  
come to save us  
and delay no more.**

Gospel



At this time of year, it could be tempting to admire Mary as a silent pretty picture on a Christmas card. However, the Magnificat, Mary's response to Elizabeth, links the mother of Jesus firmly to the strong women of the Old Testament. Mary's words to her cousin were prophetic as well as being a beautiful, joyful song of praise and thanksgiving to God.

The prayer itself has been used by justice and peace groups to support a Christian response to social injustice, and the public recitation of the Magnificat has been banned in some countries who feared its power to incite revolution. Dietrich Bonhoeffer described it as "the most passionate, most vehement, one might almost say, most revolutionary Advent hymn ever sung". Pope Francis, in his message to World Youth Day 2017 wrote that the Magnificat is "a revolutionary prayer, the song of a faith-filled young woman conscious of her limits, yet confident in God's mercy."

adapted from: catholicculture.org

## Music to listen to...

***Hail Mary, Gentle Woman***

<https://www.youtube.com/watch?v=OUey6ytEXqY>

***Magnificat – All that I am***

<https://www.youtube.com/watch?v=34iKYPm7EZY>

## A Mindful Moment...

When life gets stressful, try to stop for a full minute to breathe deeply and count your blessings.

## A Thought to Carry Through the Day...

If you have time to worry,  
you have time to pray.

*Anonymous*

**How green is your Advent?** Think about switching to an environmentally friendly bank.

from an idea in *Jesuits and Friends Advent Calendar 2020*