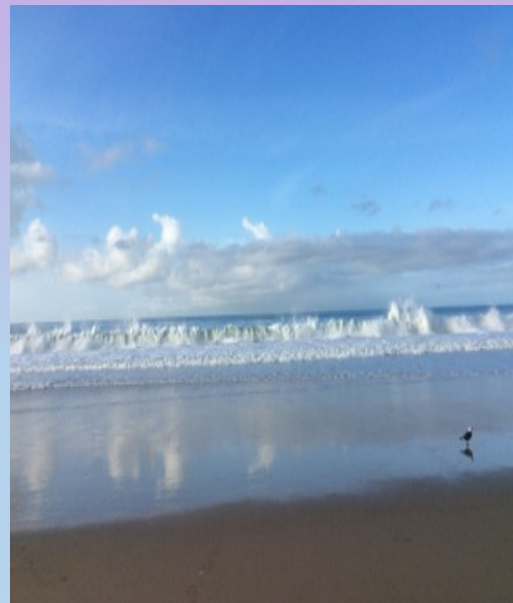


Advent Reflections 2020



Mountains

Nature



People

Water



Advent Reflections 2020

Traditionally the season of Advent is a busy one preparing for Christmas. In the midst of this busyness sometimes the richness of the Advent liturgy is lost. These reflections take a scripture quote or a prayer from each day of Advent and offers a moment of pause.

Mountains: are usually a place of revelation in the biblical tradition.

Nature: is a place of the manifold beauty of God in a variety of seasons and different places in our world.

People: we are created in the image and likeness of God. Let's celebrate the diversity and variety of humanity.

Water: is the sign of baptism but very plentiful in Scotland! Let's allow its' charm to quench our spirit.

Kenneth Owens Kinguisse 2020



Sunday

Advent 1

Mountains

To you, I lift up my soul, O my God Ps 24

As Advent begins we
climb the mountain of the
Lord. To receive fresh
encouragement and new
vision.

**We appreciate the bigger
picture.**

**We marvel at the
diversity of colour, and
shape and sound.**

**We ask for the gifts of
deeper faith, renewed
hope and the capacity to
love unconditionally.**

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Mount Sinai, Egypt

Monday Advent 1 Mountains

God ever faithful and true,
be close to me as I listen
for the welcoming sound
of the Good News.

The footsteps of those who
bring good news are a
welcome sound

Rom 10: 15

On Mount Sinai we have a
tangible focus believing
that God gave Moses the
commandments there.

Where are the revelations
of God's love in my life?

Do I need to re-read some
of the biblical texts that
remind me how God has
been faithful of old?

Take sometime outside, up
a mountain if you are able,
and ask God to renew your
hope.

May I allow it to resound
in my heart and mind to
discover afresh the depth
of your love for me.

Let the light of your face
shine on me so that I may
be illuminated by your
love and filled with your
spirit.

Allow your presence to touch
my life that I can
be strengthened against the
onslaught of the world.
And rest secure in your
loving embrace.



Mount Mulanje, Malawi

Tuesday

Advent 1

Mountains

We exult and we rejoice that God has saved us Is 25:1

Isaiah is the great prophet of hope. We read so much from him in Advent and Lent.

He invites us all up onto the mountain and offers us the gift of salvation. Our sins are forgiven and we are invited to live the life of grace.

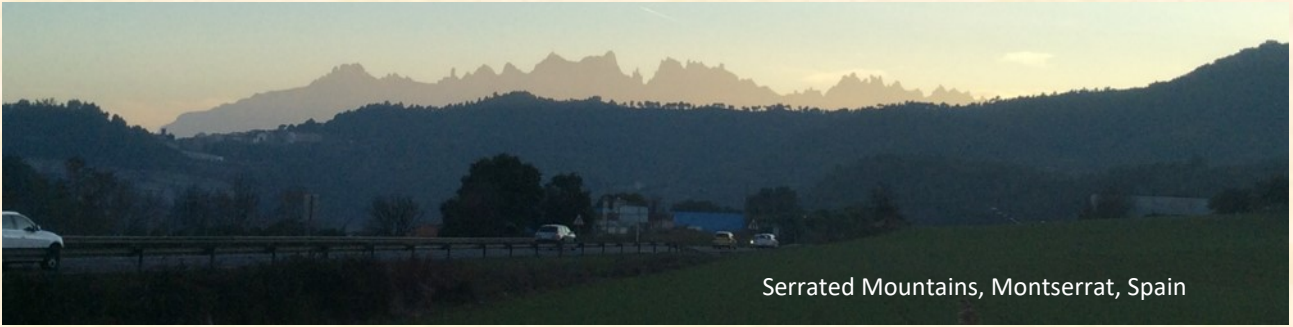
During this season of Advent how I am living the life of grace?

What sins do I need to ask pardon for at this time?

Father of the world
Father of Emmanuel,
the God-with-us
Father of the
Universe

Lord of the mountain
Lord of the mist
Lord of creation
Lord of beauty

Spirit of life
Spirit of empowerment
Spirit of kindness
generosity and hope



Serrated Mountains, Montserrat, Spain

Wednesday Advent 1 Mountains

Go out to the whole world; proclaim the Good News Ps 116

Help us to be joyful pilgrims and messengers of the Good News. May our zeal and example be an inspiration to others to live and preach the gospel.

Encourage us on the pilgrimage of life that we may grow in God's love. In that growing, may we be filled with courage and fortitude to be witnesses of gospel love.

In our daily living enrich us with seeking depth in our human relationships and in our relationship with God.

Give us a respect for others in the variety and diversity of humankind. Help us to celebrate the mystery and uniqueness of every person.

Enable us to be citizens of the world. With a concern for the greatness of creation and a need to value different peoples and cultures.

Give us strength to share what is good in our lives and be inspirations to others. May we share our gifts and talents generously with others.



Thursday

Advent 1

Mountains

In his days justice will flourish
and peace till the moon fails
Ps 71

Light

A light for our lives. A light to guide and direct us on
life's journey. Be a light for me, O Lord.

Darkness

In the darkness of the night may I have the courage to
turn to the Lord.

Justice

Help me to promote justice and to fight injustice that I
see in the world. Give me courage in the face of
difficulty to make the right choices.

Peace

May I experience the peace that God alone can give.
May I help others to find that peace.



Table Mountain, South Africa

Friday Advent 1 Mountains

Behold the Lord will come
descending with splendour to
visit his people with peace, and
he will bestow on them eternal life

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Rainbow on Mull from Iona, Scotland

Saturday Advent 1 Mountains

The Lord is my light and my help Ps 26

In the cloud light is
invaluable. In the mist colour
brings variety. In the greyness
there is hope of new life.

Where is the light in my life
at the moment?

What is your best coping
strategy when you
experience mist?

How do you manage
greyness in your life and
what helps to give you new
life?

Light of the world
Light of Christ
Light of the morning star
Light revealed
Light giving new direction
Light of many colours
Light banishing darkness
Light of my life

Help of the humble
Help of the needy
Help of the lost
Help of those searching
Help of those seeking the
truth
Help of the poor
Help of those unjustly
imprisoned



San Damiano, Assisi

The Lord will make the glory of his voice heard in the joy of
your heart Is 30: 30

O Lord of creation and
master of the universe.

Help us to have a special
respect for the beauty of
your creation.

So much of our activity
spoils and destroys it.

Give us a new sensitivity to
care for the earth.

May our hearts experience a
renewed yearning for the
splendour of the created
order.

May each day bring us into
contact with the beauty of
the world you created.

Help us to praise the beauty
that we see and experience.

Sunday

Advent 2

Nature

In the convent at San Damiano
the cross spoke to St Francis—
Re-build my church. Again in our
day Pope Francis echoes those
words of Francis. We pray:

That we may truly be the pilgrim
People of God

A community rooted in the
gospel value of justice

A place of welcome, hospitality
and generosity

A community concerned to
overcome the struggles of the
day

A people committed to fighting
structural injustice and poverty

Monday

Advent 2

Nature



I will sing forever of your love, O Lord Ps 88

What makes your heart sing?

A loved one, a spouse, partner, child, brother, sister, friend, work colleague,

The beauty of creation, being on a mountain, fishing in a river, walking in the rain, skying on snow,

Cooking, preparing meals for family and friends, the homeless, offering hospitality to the stranger,

Listening to music, pop, rock, classical, soul, making music either alone or with others,

Appreciating art, in museums, on film, in books, drawing and painting by oneself and with friends,

Spending time on a hobby or sport, being engrossed, feeling the adrenaline, savouring the satisfaction,

Enjoying time in solitude with God, knowing that we are loved, celebrating that we are forgiven, being



Garden, St Theresa's East Calder

Tuesday

Advent 2

Nature



Sing a new song to the Lord for he has
worked wonders Ps 97

Let the words of the Lord's new song resound in the echo
of your heart. He comes to bind up the broken hearted.
He reassures us that all is possible.

Faith gives an added dimension to our life. The
revelation of Jesus assures us that God is
always by our side in the ups and downs of life.

Hope enables us to see light in darkness. It
encourages us that the light of dawn will bring
new hope. Christ our Morning Star will be the
guide of life.

Love is an invitation to take God to heart. Love
is challenge to live in our life daily. Love is God's
gift to us so that we can face the challenges in
our life with confidence and without fear.



Wednesday

Advent 2

Nature

My soul gives thanks to the Lord Ps 102

Thanksgiving

God of growth enable us to respond to the promptings of your Spirit.

Blessing

God of life bring us to the fullness of our potential.

Praising

God of creation continue to bring us the beauty of the seasons.

Glorifying

God of perseverance be a constant presence at my side in time of need.

Sustaining

Enrichening

God of light be my companion on my life's journey that I may know your consoling presence and be guided by your wisdom.

Developing



Gullane Beach, Scotland

Thursday
Advent 2
Nature

Abounding in love

Jesus you have shown us how to love. Sometimes we allow the limitations of our humanity to curtail our willingness to follow your example. Give us strength in our weakness.

The Lord is kind and full of compassion, slow to anger, abounding in love Ps 144

Kind

A sensitivity and a disposition to another is a kindness indeed. Give me the openness to be kind of heart in my daily life.

Compassion

Allow me the insight to see who is in need and then the courage to show that person the compassion that will begin to heal them

Anger

Many of us experience a deep and burning anger in our lives.

Lord, show the way to release that negative energy for a positive purpose.

You invite us to live abundantly. That we can fulfil our potential and give glory to God. Each person can make their own unique contribution.

You model a care free and simple lifestyle which enables us. Help us to respond to the promptings of your grace so that we can take the opportunity you offer us for the upbuilding of your kingdom.



Friday
Advent 2
Nature



We pray during Advent that:

Behold, the Lord will come descending with splendour to visit his people with peace, and he will bestow on them eternal life

The child Jesus
came among us.

He brought the gift of
peace into a scattered world

He came to change the order
of the world.

That God's original plan
May be made manifest.

The poor may be cared for

Children will be loved and
respected

The world's resources may be
generously shared

Nations and peoples will guard
the resources of the world and
use them well

That the developed world will
share with the developing the
fruits of their endeavours



Saturday

Advent 2

Nature

The day of the Lord is near; Look, he comes to save us

In the evening let us give thanks for the day. Another day in God's service, breathing the spirit of God's wisdom. Marvelling at the variety of the day and the diversity of opportunity. As darkness falls the glow of the world continues into evening.

Appreciate the moments of the day. Hopefully most are positive and have been enriching. One more day to treasure and give thanks for. To feel fulfilled and appreciated.

Celebrate the people, the stories, the encounters, the moments that fill our minds and hearts. To store them in our treasury of memories that fill our lives.

And to acknowledge any faults, failings and sins that have happened in the course of the day. To say sorry for them and to seek God's restorative love that we might not be burdened further by them.

Sunday Advent 3 People

The images in week 3 of People are taken from the unsplash.com website a source of photos that can be freely downloaded.



Rejoice in the Lord always; again I say rejoice. Phil 4:4

The joy of play.

The joy of laughter.

The joy of friends.

The energy and enthusiasm of children.

The delight of being in the presence of each other.

The excitement of play.

God of joy,

Be present in our lives and in our world today.

By your grace you bring us into life. Help us to enjoy life to the full.

God of laughter touch our spirit.



Monday Advent 2 People



The just person's mouth utters wisdom Ps 36

To be just

Mirror of justice you continually call us to live in a just way. Give us the courage to respond with generosity. Give us strength to empower others to be bearers of justice.

Using speech for mutual upbuilding

Like the Psalmist may our mouths speak words of wisdom that build-up others. May we refrain from speech that destroys and demeans others.

To grow in wisdom

Enable us to be open to those sources of wisdom which imbue us with the values of the kingdom. May we continue to grow in your love.

**Fill your heart with
wisdom and it will
be like a deep well**



Tuesday Advent 3 People



Come, Lord! Do not delay. Forgive the sins of your people.

Be present in our life

Pour out your love

Help us to move on

Give us kindness

Give us tenderness

Open our hearts

Open our minds

May your kingdom come



Love

Joy

Peace

Patience

Kindness

Goodness

Trustfulness

Gentleness

Wednesday Advent 3 People



A God of integrity and a saviour: there is none apart from me. Turn to me, and be saved. Is 45

A promise is made by God to send a Saviour.

The people grow impatient and become disillusioned. Jesus is born in poverty. They find it difficult to recognise him as the Saviour and Redeemer.



We all need to undergo conversion of heart to recognise the presence of the kingdom in the world today. As Christmas approaches it is an opportunity to grow in God's love. We can re-focus our spiritual lives on God. Recalling the generous gesture of God in giving his Son Jesus to the world in a stable at Bethlehem. God offers us the forgiveness of our sins and opens us up to the life of grace.

Maranatha! Maranatha! Come Lord Jesus!

Thursday Advent 3 People



Wisdom of the Most High, ordering all things with strength and gentleness,
come and teach us the way of truth

Gentleness is a disposition that enriches us. It allows us to flourish
and others to grow. May it be a gift of this Advent season.

Truth telling must always be done with compassion. To
speak the truth in love is vital in our relationships.

The
Joy
of the Lord is my
strength.

Friday Advent 3 People



Blessed be the Lord, God of Israel, who alone works wonders, ever blessed his glorious name. Let his glory fill the earth. Amen! Amen! Ps 71

The wonders of creation and the beauty of individuals, families and friends are God's gift to the world. We need to appreciate them better and value them more.

The glorious name of the Lord brings joy into the world. Our hearts beat faster in the saving presence of the Risen Lord.

Fill the earth with the power of your love. Let God's spirit touch you in such a way that you may be transformed into what He wants you to be.



Saturday Advent 3 People



My lips are filled with your praise, with your glory all the day long. Ps 70

Looking back over life.

Being grateful for all the good that has happened.

Appreciating that difficult moments help us to grow in love.

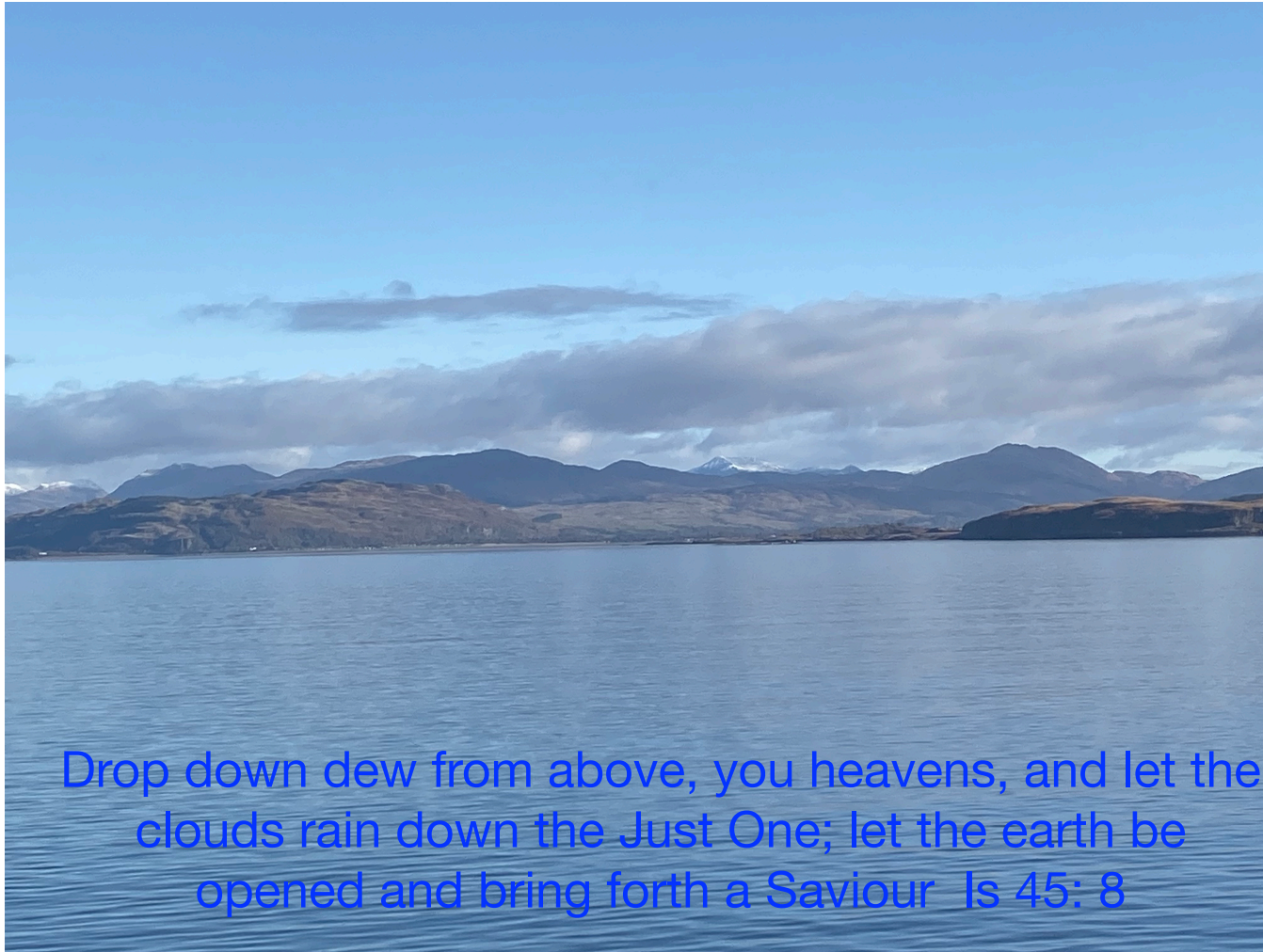
Celebrating the company of others we have journeyed with.

Reflecting on the wisdom that we have accrued.

Loving and gentle God, continue to walk on life's journey with us. Be a source of strengthen and inspiration in our daily life. Help us to find new vision and the grace of your presence which will invigorate us when our energies are depleted.

Sunday Advent 4 Water

Mull from Iona, Scotland



Drop down dew from above, you heavens, and let the
clouds rain down the Just One; let the earth be
opened and bring forth a Saviour Is 45: 8

Monday Advent 4 Mountains Monterey Reserve Beach, California



The Lord and Ruler will be coming soon, and his name will be called Emmanuel, because he will be called God-with-us Is 7: 14

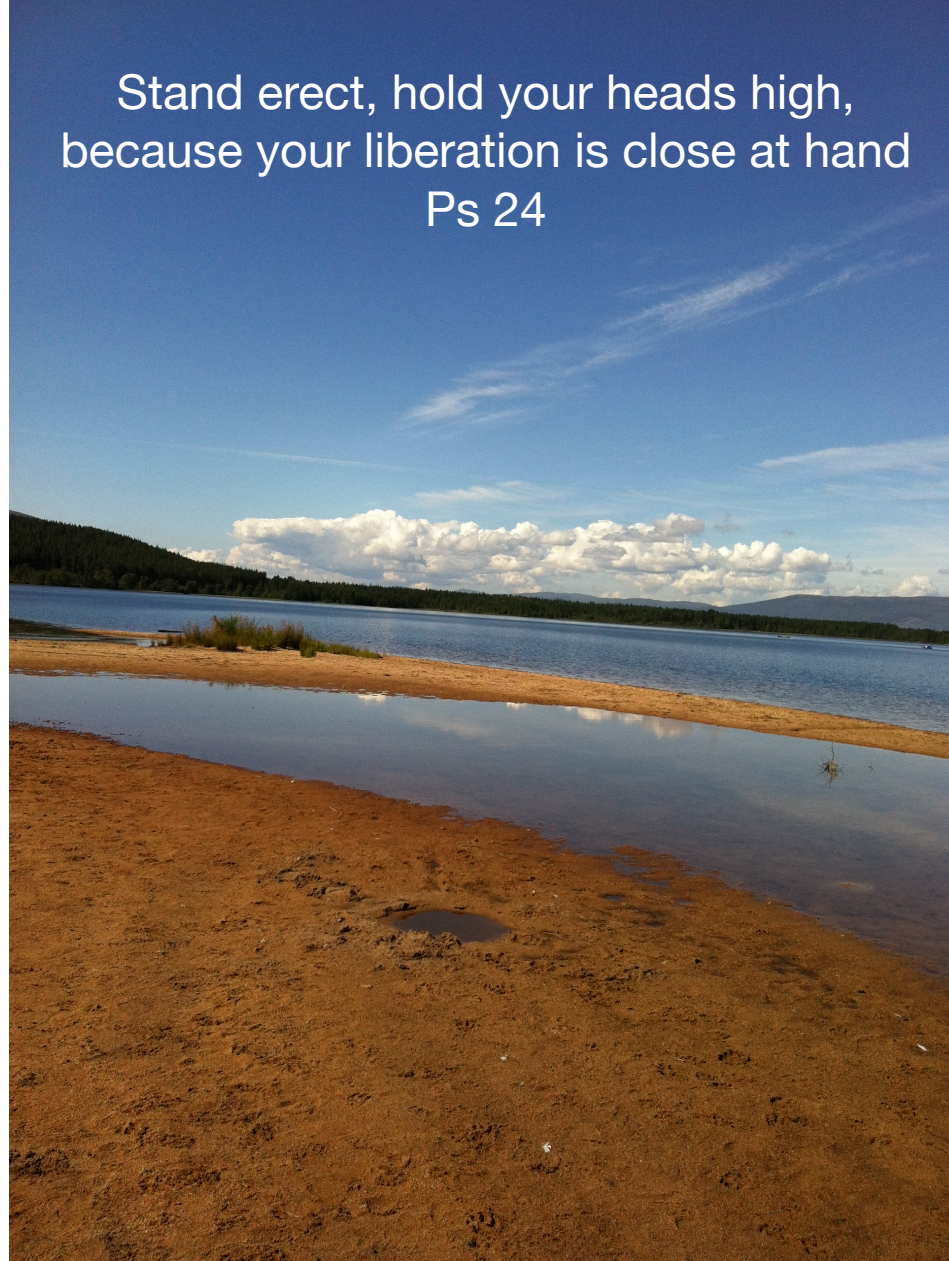


King of the peoples and
cornerstone of the Church,
come and save humanity,
whom you made from the
dust of the earth

Tuesday Advent 4 Mountains

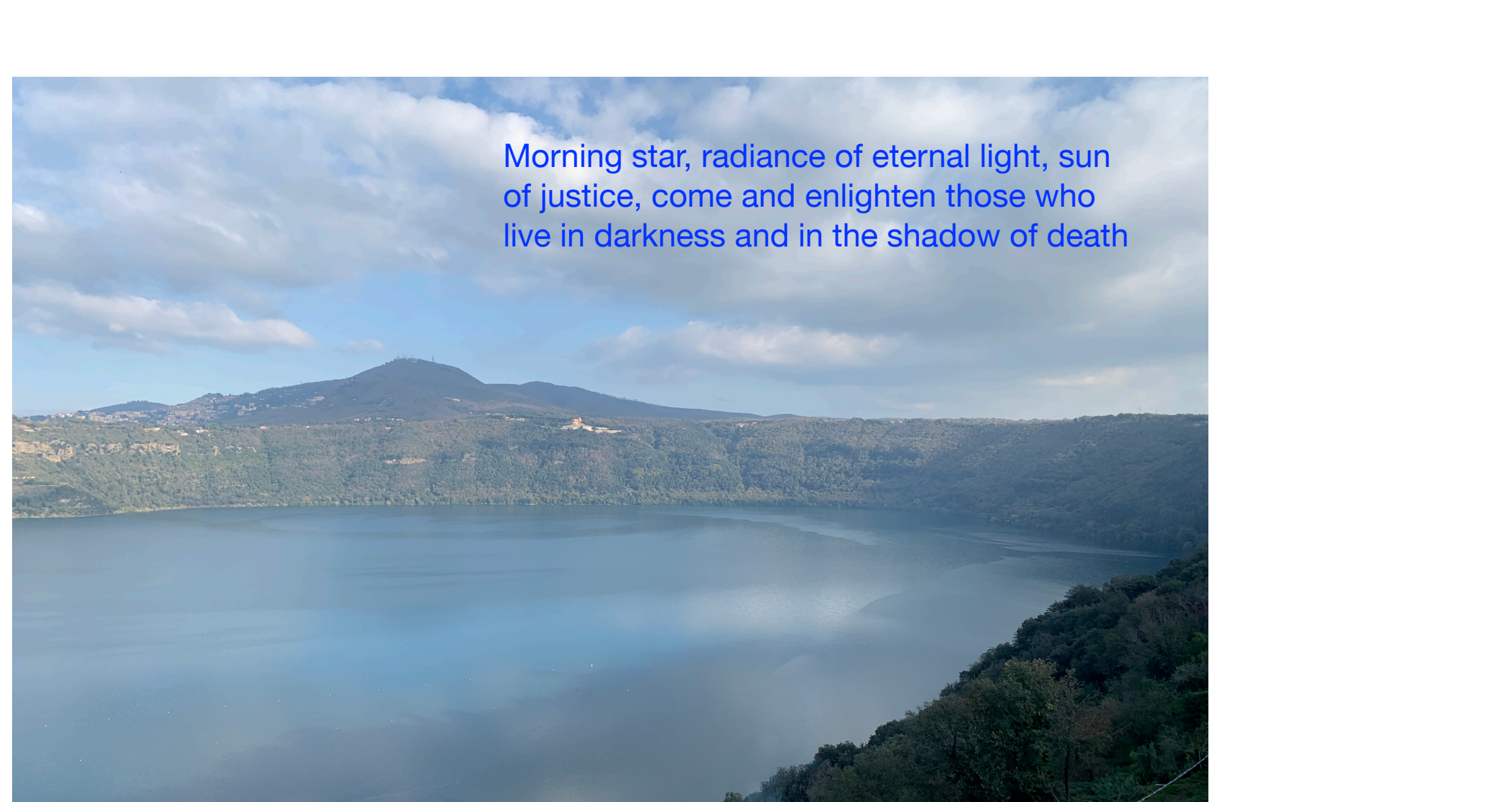
Pitlochry,
Scotland

Stand erect, hold your heads high,
because your liberation is close at hand
Ps 24



Wednesday Advent 4 Water

Loch Morlich,
Scotland



Morning star, radiance of eternal light, sun
of justice, come and enlighten those who
live in darkness and in the shadow of death

Thursday Advent 4 Water Lago di
Nemi, Italy