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## First Sunday of Advent – Cycle C

by SR. JULIEMARIE MCDONALD, SND on [12/14/2018](#)  
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### First Sunday of Advent – Cycle

**December 2, 2018**

**Read:** Jer 33:1 4-1 6 1Thes 3:12, 4-2 Lk 21: 25-28,34-36

#### Reflection:

It may seem odd that the message that Luke’s gospel, which introduces the Advent season, warns that the end time will be accompanied with terrifying signs. The gospel message’s final words include “be vigilant and pray.” This is our Advent message. We wait with expectation for the coming of the Messiah, just as the Jewish people waited for 4,000 years.

To wait and be vigilant does not mean to stop and do nothing but pray! Our waiting for the tiny King requires preparation. Just as we prepare our homes for an important event or the visit of a special friend, we need to prepare the home of our hearts for Christ’s visit.

St. Paul’s letter to the Thessalonians and to each of us suggests ways of making a

### About Sr. Juliemarie McDonald, SND

Sister Juliemarie McDonald joined the Sisters of Notre Dame of Chardon, Ohio in 1951. She holds an MA in English Studies from John Carroll University MA in Scripture from St. Charles Seminary. After 32 years of teaching classes ranging from first grade to college level, she then became a researcher, campus minister, director of religious education and a pastoral minister in Mease Hospital in Dunedin, Florida. In her semi-retirement, Sister Juliemarie writes reflections and faith sharing sessions for the young sisters in formation in Africa, Philippines, Korea, India and the USA. Her spare time is spent as a crafter.



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good preparation. Love all people everywhere. Be sinless and strive for holiness before God. Please God by doing his holy will.

How does one become holy and sinless? Review the Ten Commandments. This might be a good place to start. Perhaps St. Paul's "Hymn of Charity" (1 Cor 13 :4-13) could be another source for reflection. Joseph Nasal makes this suggestion: "resist the temptation to rush around instead step on the brake, slow the pace and make some space."

*(Stations of the Crib, Joseph Nasal, p.1 5)*

Inside every human heart there is a longing, a dreaming and a yearning for a better self and a better world. Advent is the time to wait, watch, long for, dream and yearn. In this cluttered and chaotic time before Christmas, the Church invites us to make a space so that love can bubble over and flow into everyone, everywhere. Ask the coming King for courage to clean the stable of your heart so that you can welcome him in all you meet.

**Quote:**

"All human wisdom is summed up in two words—wait and hope."

(Internet, Hope Quotes :: Finest Quotes, Anonymous)

**Prayer:**

Gracious God, you invite us again to prepare our hearts for your coming. Give us patience in waiting, and nurture hope within us all. Amen.

**Listen:**

Sit quietly in God's presence. Listen for the answer to the question, "How can I best become holy and sinless this Advent?"

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