

A Day by Day Spiritual Journey Through Advent
With Deacon Chris

21st December

Light a candle and make sure it is safe and don't leave unattended.

Shortest Day

Officially today is the shortest day of the year. Why do we call it that? I don't know. There are twenty four hours just like there are in the longest day. It is all to do with light. We have the least hours and minutes of light. Light is so important in our lives. Most things grow in the light. Light makes us feel good. Light helps us to see our way. We look on Jesus as the Light of the World. The prologue in St. John's gospel talks about light. John the Baptist was not the light but a witness to the light. The Easter Candle is processed into church and 'The Light of Christ' is sung three times.

It makes no difference how many hours of light there are provided we don't lose sight of the Light of the world. Jesus brought that light so that we can move out of the darkness of sin into his own wonderful light.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

God our Father, you sent your Son into the world to overcome the powers of darkness. May His light always shine brightly in our hearts so that we can take this light with us wherever we go. Through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Gospel of 21st December

Luke chapter 1 verses 39 to 45

A trip to the hill country.

After Zechariah had finished his turn of duty as priest he and his wife Elizabeth went to their second home. This was in the hill country of Judah. How long it took our Lady to get there and how she managed it we are not told. Mary went to help her cousin. She thought of others before herself. She was taking the Good News with her and there is a lovely exchange between Mary and Elizabeth. Elizabeth's child leapt in her womb. It is as if the child had been woken up to the reality of whose presence he was in. Elizabeth and John give witness in their respective ways to Christ and his mother.

This account helps us to recognise who Mary is and who Jesus is and realise their importance.

Your Own Time.

Rosary. Contemplate on the **O Antiphon** that follows

O Rising Sun, you are the splendour of eternal light and the sun of justice. O come and enlighten those who sit in darkness and the shadow of death. (Magnificat antiphon 21st December Evening Prayer of the Church)

A Day by Day Spiritual Journey Through Advent
With Deacon Chris

Concluding Prayer

O God, as the season takes to the shortest day help us to keep the flame of faith that you lit within us burning strongly so that we can make our journey into full light. Through Christ our Lord. Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.