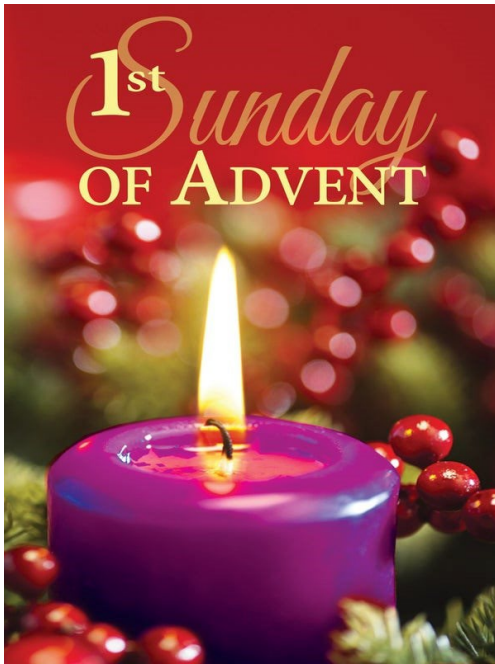


Scripture Reflection This Week



Many people begin the New Year with a New Year's resolution. The first Sunday of Advent marks the beginning of the Church's year, and the Church begins the year by reminding us of the coming of Christ. Not simply as a humble and meek child in Bethlehem but, more importantly, as the triumphant King of Kings at the end of time. Indeed, this final Advent is something we pray for at every Mass. When in the Our Father we utter the words "thy kingdom come," "adveniat regnum tuum" in Latin, this second coming is what we are actively asking

God to grant us in some way.

Considering this, perhaps this year, we should make an Advent resolution to help us prepare for the day when God finally answers our prayers. These can be simple and still have an impact on our spiritual lives. Some examples are: Daily Prayer Intentions--Set aside time for focused prayers for various intentions; an Advent Reflection Journal-- Write daily thoughts on readings or experiences of God's presence, fostering mindfulness and gratitude; Acts of Kindness--Engage in weekly acts of kindness, such as volunteering or donating; Gratitude Practice--Regularly express gratitude for blessings in your life; the Sacrament of

Reconciliation-- Participate in confession for healing and renewal; Fasting or Abstaining--Practice fasting for spiritual discipline and growth. Incorporating any of these resolutions can lead to a more meaningful and intentional Advent experience, aligning one's heart and mind with the spiritual essence of the season.