



beginning the journey of *transforming* **grace:** transforming consciousness

Reflection for the week of December 18, 2023

Theme

3rd Sunday of Advent: Let Us Rejoice

Opening Song: Harc – Open My Heart

Opening Prayer

During this third week of Advent, we are called to rejoice and recognize that the Spirit of God is among us. In this time of awakening our awareness of our interior response to the divisions around us, may we know the deeper joy of choosing presence when discomfort arises. This day may we know healing love and the courage to share this love with friends and strangers, those with whom we have much in common and those with whom we disagree.

Scripture

“As soon as I heard the sound of your greeting, the child in my womb leaped for joy.” Luke 1:44

Listen

That Open Secret About Political Polarization

by Jake Teeny

Listen to the journey of understanding the power of conversation as a way of beginning the journey to heal polarization.

As on a Day of Festival

by Jan Richardson

Call it
the waters of salvation
or the garlands of gladness.

Call it
the grave-clothes
falling away,
or call it the loosening
of the chains.

Call it
what binds us together:
fierce but
fragile but
fierce.

Call it
the thin, thin place
where the veil
gives way.

Or call it this:
the path we make
when we go deep
and deeper still
into the dark
and look behind to see
the way has been lit
by our rejoicing.



Reflect

Spend a few minutes in the space of greeting between Elizabeth and Mary. Recall the experience of being known in the depth of your open heart.

Now, recall a time that in the midst of a conversation, you felt invisible, disregarded or unheard.

As you listen to others, be aware of your reactions. When encountering someone with an opposite opinion, notice your internal response. Become conscious of choosing interior serenity. Consider inviting that person into a conversation. Practice asking the others opinion while choosing to listen.

Closing Prayer

Beneath the challenge, conflict, frustration, and aggression, there is both fear and anger. Unleashing the power of listening in love upon the raw experience of polarizing rightness, there is a new kind of joy in the miracle of what is possible. Make us your instruments, Emmanuel, God With Us.