

## I SUNDAY OF ADVIENTO 1st of December 24 - Cycle C



## GOD WITH US



#### SETTING

We begin the Season of Advent, a new liturgical year. Advent is waiting and at the same time action, it is the path with a horizon. Let's prepare ourselves in every way, internally and externally. It is an opportune moment to stop and think, how I am, where I am going, who I follow, who I walk with. It is the time of waiting and birth.

Let's be silent, let Love inhabit our house. Let's reach out hands, gestures, words; let's direct our feet to the other side.

Stand up and raise your heads, stay awake, it is coming.

#### SONG. COME IMMANUEL

Youtube.com/results?search\_query=advent+songs+catholi

## GOSPEL - Luke 21, 25-28.34-36

"There will be signs in the sun, in the moon and in the stars; and on earth, anguish of the people, perplexed by the roar of the sea and the waves, men dying of terror and anxiety for the things that will come upon the world; for the forces of heaven will be shaken. And then you will see the Son of man coming in a cloud with great power and glory. When these things begin to happen, take courage and lift up your heads because your deliverance is drawing near." Suddenly a day falls upon you, like a snare; for it will come upon all those who inhabit the entire face of the earth. Be on the alert, therefore, praying at all times that you may have strength and escape all that is to come, and that you may stand before the Son of man."

#### Delve into the Word of God today (Marie-Noëlle THABUT)

**Jeremiah 33, 14 – 16.** Our faith is based on two absolutely invincible reasons: the first is that God cannot fail a promise... But, above all, and it is the last word of this text: «The Lord is our justice." Here is the best reason for us to ever lose hope.

**Psalm 24 (25), 4-5, 8-9, 10-14.** Have mercy on me who am alone and miserable. Anguish grows in my heart: take me out of affliction... Look, my enemies are many and the violent hatred they show me. The true path of conversion is, first of all, to turn towards God and He will direct us towards our brothers.

#### Thessalonians 3, 12 - 4, 2.

The Verses that we read this Sunday are, in some way, Paul's reaction, excited by this excellent news. What better can you wish them? The Thessalonians are on the right path, and Paul congratulates them and tells them some things like: you just need to persevere. Persevere until when? Until the return of Christ: This is God's project that gives meaning to our lives; one more challenge in the good sense of the word, like the one that Jeremiah launches in the first reading.lectura.

Luke 21, 25-28, 34-36. Let us begin, then, by giving, once again, the word "apocalyptic" its true meaning: let us remember that "apocaluptô", in Greek means, "to lift the veil", is the same word as "re-velare" (in Latin) – or reveal in Spanish. As in all the readings of this Sunday, Christians are invited here to maintain an attitude of

witness: the testimony of faith to which Jeremiah invites us in a situation apparently without a way out, according to the human point of view. The testimony of love in the letter to the Thessalonians: "May the Lord give you, to all humanity, an increasingly intense and overflowing love"; the testimony of hope when everything seems to collapse in this evangelical text: "Stand up and lift your heads... You will be worthy... to present yourselves before the Son of Man." "Men will die of fear," but you will remain standing because you know that "nothing, neither life nor death... can separate us from the love of God revealed in Jesus Christ" (Rom 8:39). This triple testimony well defines the Christian challenge. Beautiful program for this Advent that begins!

## Clues for personal and shared prayer

- The Gospel of Luke puts expressions in the mouth of Jesus that we must understand. They simply invite us to accept the revelation of God in Jesus, Son of Man.
- How am I going to listen to Jesus throughout Advent?
- Can someone or something separate us from the love of God revealed in Jesus?
- What would I like to ask Jesus for this world of which I am a part?
- What do I commit to in order to be an image of Jesus for those around me?



#### AMBIENTAL MUSIC. MAJESTIC - VIVIANA GUZMAN https://youtu.be/0eSXHlqgFQg?si=8T\_JPbzQdEuRoCZL

# ATTENTION

Hagamos Let's make the new path. let's be surprised of the present moment. Let's raise our heads, let him think, let him remember, that brings to mind

the fraternal moments. Let's look ready. Let's look at the details, let the eyes see and they are moved. Let's prepare our interior, so that it becomes a home, in which life bustles, to which the little one arrives. Let's leave it to light that expand the soul and illuminate everything, empowering life, the bodies, the things. Let's open new paths. Putting our hands, in other hands. to build what has fallen. to be more brothers. Let's silence all that That does not allow love, Attend, care and let's pronounce the word that

encourages, sustains and focuses. Let's go out of the house, let's walk the street. watching the faces, who are looking for someone, with whom to make the journey. Let's embrace the moment as a possibility, as a path in process, as an opportunity to Approach the other and extend the gesture to the little one. Let's listen to the whisper, It's coming, it's coming. Let's prepare the way, life, house, that the guest is coming. Advent, eternal path. Let's make it happen all the good. Making us a word, a gesture, food and home.

**CANTO – ACOGIÉNDOTE SALOMÉ ARRICIBITA** https://youtu.be/MHwIOHR4gMQ?si=3HrBhoHkYFoGgidI



Sisters of Charity of St. Anne. C/ Madre Ràfols, 13 - 50.004 - ZARAGOZA (Spain) www.chcsa.org

