

Advent/Christmas Prayer Sheet

Living into Mystery: Joyful Presence

Gathering:

Sit quietly and allow yourself to come to stillness. Breathe in life; breathe out peace. Gaze on the image and words. How do they resonate with you now?



Mary visits Elizabeth.

Photo of a statue at the Church of the Visitation, Ein Karem

Listening: Luke 1:39-45

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.'

Breaking Open:

In this time of joyful anticipation, how am I being awakened to the presence of Christ, who is at the heart of this holy season?

Take time to reflect and share with others

Responding:

Creator God, may our heart leap for joy at the coming of Christ this Christmas.

Holy Child of God, be present with us anew

Emmanuel, God with us, nourish us, fill our inmost heart space, enliven us with your presence.

Holy Child of God, be present with us anew

Spirit of Communion, draw us into wholeness with each other as we celebrate Christ with us.

Holy Child of God, be present with us anew

Divine Presence, may we be attentive to the needs of the most neglected ones.

Holy Child of God, be present with us anew

Invitation to include other prayers

Blessing

As we prepare for the coming of Christ;

May the joy of Christ present be with us

As we prepare to spend time with family and friends;

May the awe of Christ's presence envelop us

As we remember those less fortunate than ourselves, the lonely, the hurt;

May we be the presence of Christ that nourishes.

Amen

Magnificat-Mary's Gift to Us

*My soul sings in gratitude.
I'm dancing in the mystery of God.
The life of the Holy One is within me,
and I am blessed, so truly blessed*

*This goes deeper than the human mind
My heart is filed with awe
at Love whose only condition
is that it be received.*

*It's a gift not for the proud.
They have no room for it.
The strong and self-sufficient
do not have this awareness.
But those who know their emptiness
can rejoice in Love's fullness.*

*This is the Love we are made for,
the reason for our existence.
It fills our inmost heart space
and brings to birth in us,
The Holy Child of God.*

- Joy Cowley

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Photo of mosaic from The Church of the Visitation
Ein Karem