

Lectio divina – Week 2 from Nov. 25th to Dec 1st 2018

Small communities of faith 1st Sunday of Advent – Year C (maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Introduce yourselves, as this is the first meeting. What can I say about myself, my faith, my interest in the Word of God? Or take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What blessings the Lord has showered on me, on my family? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.
4. **Lectio Divina** **Scripture Sunday December 2nd**
Gospel: Lk 21, 25-36

(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation. This year during *Lectio* we will center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 25, verses 1 to 10, at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.
5. **Read the meditation** for this week. This year we will share what touches you in the meditation. Re-read it at home and do the spiritual exercise.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
 - a) prayer of thanksgiving, of praise, of blessing and adoration
I thank you Lord for.... I praise you Lord for.... I bless you Lord for....
 - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

Note: If you have new members please read the *Lectio divina: Method for biblical prayer* sheet (available on the parish website) at the beginning so all can understand what is *Lectio* and how to proceed.

ADVENT 2018

Meditation 2 – for small community faith groups

1st Sunday of Advent – 2nd December

Text from *Evangelii gaudium* The Joy of the Gospel

286. Mary was able to turn a stable into a home for Jesus, with poor swaddling clothes and an abundance of love. She is the handmaid of the Father who sings his praises. She is the friend who is ever concerned that wine not be lacking in our lives. She is the woman whose heart was pierced by a sword and who understands all our pain. As mother of all, she is a sign of hope for peoples suffering the birth pangs of justice. She is the missionary who draws near to us and accompanies us throughout life, opening our hearts to faith by her maternal love. As a true mother, she walks at our side, she shares our struggles and she constantly surrounds us with God's love. Through her many titles, often linked to her shrines, Mary shares the history of each people which has received the Gospel and she becomes a part of their historic identity. Many Christian parents ask that their children be baptized in a Marian shrine, as a sign of their faith in her motherhood which brings forth new children for God. There, in these many shrines, we can see how Mary brings together her children who with great effort come as pilgrims to see her and to be seen by her. Here they find strength from God to bear the weariness and the suffering in their lives. As she did with Juan Diego, Mary offers them maternal comfort and love, and whispers in their ear: "Let your heart not be troubled... Am I not here, who am your Mother? ¹"? ».²

*Mary, Virgin and Mother,
you who, moved by the Holy Spirit,
welcomed the word of life
in the depths of your humble faith:
as you gave yourself completely to the Eternal One,
help us to say our own "yes"
to the urgent call, as pressing as ever,
to proclaim the good news of Jesus.*

Questions to ponder

At the beginning of Advent, let us be guided by Mary, may she be our guide.

How can I say "yes" like Mary?

How can my life be a life of praise?

Spiritual Exercise

During Advent there are many preparations to celebrate Christmas, but do I think of Jesus?

¹ *Nican Mopohua*, 118-119.

² Francis I, Apostolic Exhortation *Evangelii gaudium* (24 November 2013), Chapter 5, II. Mary, Mother of Evangelization, n° 286, (https://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20131124_evangelii-gaudium.html)

How am I preparing to receive Jesus?