



# Advent 2019

Advent season—the time of waiting, anticipation, awe and joy. Each year the liturgical cycle calls us to delve deeply into the wondrous mystery of Advent. Our Provident God asks us to consider anew what the Word made flesh really means for us today.

For the Sisters and Associates of the Women of Providence we know this Advent time is a gift from our Provident God—a time to slow down our pace, to notice the providence moments in our lives—and to join in prayer for our wounded world.

Since we began doing these prayer services we have heard that they were used and appreciated. So again we will provide two prayer/reflection services for your use during the Advent season. Prayer for Weeks one/two, and Weeks three/four will use quotes from providence publications as well as Scripture, reflections and prayers from our providence Sisters.

Once again these prayer services will be available on the WPC website so feel free to use them in your local convents, with small faith sharing groups, for your own personal prayer or share them with your friends and neighbors!

The WPC resources used for these prayer services are available for purchase on our website. Some of them make wonderful Christmas gifts too!

As our time gets filled with events and shopping and get-togethers with our families and friends, may we also find the time to sit quietly, experiencing the inner rhythm of God in our lives. May the grace of this Advent season prepare our hearts once again to celebrate the birth of Jesus who brings light and life to the world. Come, Emmanuel!

*Barbara McMullen, CDP*  
WPC Executive Director





## WPC Advent Prayer and Reflection Weeks One and Two

**Leader:** Provident God, you call us this Advent season to set aside time to ground ourselves, to remember Your presence in our midst, and to promote peace in a world of division and hurt. We begin in the name of our Creator, Redeemer and Sanctifier. *Amen.*

**All:** Open our hearts to wake up to the daily revelations of God as we begin our Advent journey. *Amen.*

**Quote:** My experience invited me to wake up to the daily revelations of God in the faces of the poor and needy and to look for ways to act with compassion in assisting such persons to find the help they need. — Annette Suebert, SP

**Scripture:** Isaiah 25:9

It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the Lord for whom we have waited; let us be glad and rejoice in his salvation.

**Providence Reflection** — Rosemary Nudd, SP

“How fitting, I thought, to view this time as an invitation to awaken to God’s daily revelations in our lives. And yet...finding God revealed in the ever-ancient ever-new Advent liturgies while simultaneously finding God in joyful pre-Christmas events with family and community has long been troublesome to me. And, so each year finds me **striving** to integrate my conflicted feelings.

...The key here, of course, is the verb **striving**. Too often I find myself taking charge of the whole holiday operation: choosing what form my Advent invitation will take, deciding when and where my revelations will occur, determining to make this Advent/pre-Christmas season precisely as it should be.”

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➤ In your advent journey this year, how will you wait for the revelations of God?

➤ How might the God of compassion be asking you to assist others in need?

**Closing Prayer:** adapted from *The Art of Providence*, Chapter Prayer, Ruth McGoldrick, SP

Provident God, we pray today and each day of Advent to continue to enter into the depths of this season of waiting. We can do this most truly by living simply and humbly in the present moment, being open to your revelations in our lives, acting with compassion, and trusting that we are ever in the heart and hands of You, our loving and Provident God.

*So be it!*





## WPE Advent Prayer and Reflection Weeks Three and Four

**Leader:** Provident God, as we continue on our advent journey, You call us to right relationship with all people, with all creation, and with Earth itself. You speak to us through moments of quiet reflection and opportunities to change and transform our wounded world. We begin in the name of our Creator, Redeemer, and Sanctifier. *Amen.*

**All:** May our hearts grow strong in love for all that You have made, and together with Mary, may we learn to trust that your promises to us will be fulfilled. *Amen.*

**Quote:** Providence is expressed as metanoia rather than paranoia; and Providence is Trust—enough not to be anxious, to “roll all the dice”: on the truth of the Gospel. — Ron Roheiser, OMI

**Scripture:** Luke 1: 67-69

This was the oath God swore to our ancestor, Abraham: to set us free from the hand of our enemies, free to worship God without fear, holy and righteous in God’s sight, all the days of our life.

**Providence Reflection** — Gayle Desarmia, SP

“The days of Advent invite us to experience metanoia, to change our minds and hearts to embrace the opportunity to change and to transform our vision of our world. They invite us to embrace new ways of loving the other and of being in the universe. They invite us to be open to concepts beyond our present understanding and envision how we can engage in the “Great Work”. God’s words to Abraham offer a vision of a new world order. Just as God spoke to our ancestors in faith, God speaks to us of a new world order. Like God’s word to Abraham, God’s word to us is an invitation to trust—to trust in God’s Providence and to trust that we can each make a difference so that our generosity, compassion and justice for all creation will herald this new world order. As we continue our annual journey through the incarnational cycle, let us ponder God’s invitation and promise. Let us be Providence in our world, in the universe.”

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➤ How has this journey of Advent changed you, your perceptions, your vision?

➤ In what ways are God's invitations to trust speaking to your heart this advent?

**Closing Prayer:** from *The Art of Providence*, "Providence Prayer," Marie McCarthy, SP

God of Providence, God of wisdom, vision, and creativity, open our minds and hearts, that we may see as You see and love as You love. Give us grace and courage to let go where we need to let go and to take hold where we need to take hold. Help us to risk all for the sake of your Providence, and give us the joy of knowing our oneness in You. *Amen.*

