



O COME O COME EMMANUEL



MARANATHAI COME LORD JESUS

Advent Reflections Reflexiones de Adviento

Women of Providence in Collaboration

2022

Hope ~Esperanza

Words from the First Sunday of Advent Readings

We enter this time of Advent with Isaiah's hope for peace.
Swords are to be remade into plowshares. We walk in the light.

May those who love you prosper!

*May peace be within your walls,
prosperity in your buildings.*

Because of my family and friends

I will say, "Peace be within you!"

The letter to Romans reminds us that it is time for us to awake from our sleep. The gospel of Matthew asks us to stay awake. "We also must be prepared for at an hour you do not expect, the Son of Man will come."

Providence Reflection ~ Reflexión de la Providencia

We remain vigilant and awake in these uncertain times of war and deconstruction of structures that need to find a common ground. We can be awake with fear and loss of hope. Or we can be awake with hope letting go of fear. The call for religious women and associates seems to be to let go and enter an unknown. To do so with a profound trust in God. Sister Myra Rogers, CDP of Allison Park writes in her reflection Finding the Gift of Providence in Darkness from Providence Alive in Us: Ever Unfolding Mystery

Often one is not aware that the mystery of the provident God can be found in the darkness even in the midst of strife and discord at the deepest level of the human heart. There the Indiscriminately Gracious One, who lives beyond all imagines, is waiting quietly in the silence of darkness. The profound belief that God is the absolute mystery of our being, forms the undertow

of daily life. This belief engenders confidence that the silent encounter in the deepest recesses of the heart with the God of darkness, the God of absolute mystery, sustains Providence women and men It enables them to stand in the middle of polarities and hold the middle ground, to balance the tension between light and darkness, between alienation and closeness, between starlight and sunlight. (26)



Permanecemos vigilantes y despiertos en estos tiempos inciertos de guerra y deconstrucción de estructuras que necesitan encontrar un terreno común. Podemos estar despiertos con el miedo y la pérdida de la esperanza. O podemos estar despiertos con la esperanza soltando el miedo. La llamada para las religiosas y los asociados parece ser la de dejarse llevar y entrar en lo desconocido. Hacerlo con una profunda confianza en Dios. Myra Rogers, CDP de Allison Park escribe en su reflexión

A menudo uno no es consciente de que el misterio de la Divina Providencia puede encontrarse en la oscuridad, incluso en medio de la lucha y la discordia en el nivel más profundo del corazón humano. Allí el Indiscriminadamente Bondadoso, que vive más allá de todo lo imaginable espera tranquilamente en el silencio de la oscuridad. La creencia profunda que Dios es el misterio absoluto de nuestro ser, forma la resaca de la vida cotidiana. Esta creencia engendra la confianza de que el silencioso en lo más profundo del corazón con el Dios de las tinieblas, el Dios del misterio absoluto. Dios de las tinieblas, el Dios del misterio absoluto, sostiene a las mujeres y a los hombres de la Providencia Les permite situarse en medio de las polaridades y mantener el término medio, para equilibrar la tensión entre la luz y la oscuridad, entre el alejamiento y la cercanía entre la luz de las estrellas y la luz del sol. (26)

Rogers, Myra. "Finding the Gift of Providence in Darkness." *Providence Alive in Us: Ever Unfolding Mystery*, Women of Providence in Collaboration, 2015, pp.21-27.

Praying with Questions ~ Oración con preguntas

What do we need to stay awake during Advent?

How are we recognizing the undertow of God in our daily lives?

Are you in the darkness in deepest silence or
the silence of deepest despair?

How do we hold the polarities and hold the middle ground?

How do we bring about the peace of Advent within
ourselves communities, families, friends, and society?

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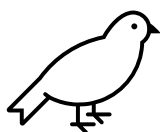
¿Qué necesitamos para mantenernos despiertos durante el Adviento?

¿Cómo reconocemos la resaca de Dios en nuestra vida cotidiana?

¿Estás en la oscuridad del silencio más profundo o
el silencio de la más profunda desesperación?

¿Cómo sostenemos las polaridades y mantenemos el término medio?

¿Cómo hacemos surgir la paz del Adviento dentro
de nosotros mismos las comunidades, las familias,
los amigos y la sociedad?



Waiting ~ Esperando

Words from the Second Sunday of Advent Readings

Isaiah writes beautifully on a shoot that will "...sprout from the stump of Jesse, and from his roots a bud shall blossom.:"

*Then the wolf shall be a guest of the lamb,
and the leopard shall lie down with the kid;
the calf and the young lion shall browse together,
with a little child to guide them.
The cow and the bear shall be neighbors,
together their young shall rest;
the lion shall eat hay like the ox.
The baby shall play by the cobra's den,
and the child lay his hand on the adder's lair.
There shall be no harm or ruin on all my holy mountain;
for the earth shall be filled with knowledge of the LORD,
as water covers the sea. (Isaiah 11: 6-9)*

Psalm 72 proclaims "*Justice shall flourish in his time, and fullness of peace forever... For he shall rescue the poor when he cries out, and the afflicted when he has no one to help him. He shall have pity for the lowly and the poor; the lives of the poor he shall save.*"

In Romans 15 that through the "endurance and by the encouragement of the Scriptures we might have hope." And to "Welcome one another, then, as Christ welcomed you, for the glory of God."

Matthew Chapter 3 introduces us to John the Baptist preaching in the desert of Judea.

*A voice of one crying out in the desert,
Prepare the way of the Lord,
make straight his paths.*

Providence Reflection~ Reflexión de la Providencia

In this time of waiting and preparing the way, we come to terms with what it means to wait in an impatient world. To wait with patience when we want so much to respond quickly to the many injustices we come upon. There can be at times many voices crying out and there is no time to be patient. Sometimes the gentle voice in our hearts asks us to discern and wait with patience before making a decision or engage in action. Making any change that is meaningful with a future takes time. Takes time to build the relationships, to do the necessary work, to respond to the needs that arise sometimes pushing us forward or pulling us back. Living into peace, takes time. Living into hope, takes time. Because we need each other to the enduring work of the Gospel. Sister Alba Letelier, SP of Montreal in her writing Simply: Providence reminds us

The conviction that God's Providence is present and active leads us to admit with humility that we need each other, and this creates interdependence which makes us aware of the interconnection between and among all that is created. For this reason, decisions take into account not only the present reality of the people in the culture in which we live but also the realities of diverse people and cultures other than our own that will be touched by our decision. We seek the common good, and we discern the best next step to take in the present moment allowing the future to come to us. When working together to meet present needs, if we strive to recognize the diversity of responses, we encourage the manifestation of Divine Providence, and we express the merciful and compassionate love of God for creation. (64-65)



En este tiempo de espera y de preparación del camino, nos enfrentamos a lo que significa esperar en un mundo impaciente. Esperar con paciencia cuando deseamos tanto responder rápidamente a las muchas injusticias con las que nos encontramos. A veces hay muchas voces que claman y no hay tiempo para tener paciencia. A veces, la suave voz de nuestro corazón nos pide que discernamos y esperemos con paciencia antes de tomar una decisión o emprender una acción. Hacer cualquier cambio que tenga sentido con un futuro lleva tiempo. Lleva tiempo construir las relaciones, hacer el trabajo necesario, responder a las necesidades que surgen a veces empujándonos hacia adelante o tirando hacia atrás. Vivir en la paz, lleva tiempo. Vivir en la esperanza, lleva tiempo. Porque nos necesitamos los unos a los otros para el trabajo duradero del Evangelio. Alba Letelier, SP de Montreal en su escrito Simplemente: La Providencia nos recuerda

...la convicción de que la Providencia de Dios está presente y actuando porque reconocemos con humildad que nos necesitamos unos a otros, y esto crea la interdependencia que nos hace tomar conciencia de la interconexión en la que hemos sido creados y vivimos. Por lo mismo, las decisiones toman en cuenta no solo la realidad actual de las personas en la cultura en la que nos encontramos, sino que contemplan las realidades de las diferentes personas y culturas que serán tocadas por nuestras decisiones. Buscamos el bien común y discernimos el mejor paso a dar en el momento presente permitiendo que el futuro venga hacia nosotras, acogiendo la realidad que nos trae para continuar en el discernimiento para el momento presente.

El tejido entre las necesidades presentes y la diversidad de respuestas que nos esforzamos dar al trabajar en colaboración, favorecen la manifestación de la Divina Providencia actuante y poniendo de relieve el Amor Misericordioso y Compasivo de Dios por la creación. (71-72)

Letelier, Alba. "Simply: Providence." *Providence Alive in Us: Ever Unfolding Mystery*, Women of Providence in Collaboration, 2015, pp.59-72.

Praying with Questions ~ Oración con preguntas

Who in your life has helped you to become
"...aware of the interconnection between and among all that is created"?

What scripture encourages you and offers hope in times of waiting?

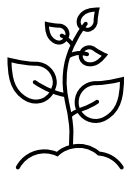
What ways does your heart prepare the way?

~

¿Quién en tu vida te ha ayudado a ser
"...consciente de la interconexión entre todo lo creado"?

¿Qué escritura te anima y te ofrece esperanza en tiempos de espera?

¿De qué manera prepara tu corazón el camino?



Joy ~ Alegría

Words from the Third Sunday of Advent Readings

Isaiah 35 reminds us that Earth will exult and for us to “Be strong, fear not!.”

*The desert and the parched land will exult;
the steppe will rejoice and bloom.
They will bloom with abundant flowers,
and rejoice with joyful song.
The glory of Lebanon will be given to them,
the splendor of Carmel and Sharon;
they will see the glory of the LORD,
the splendor of our God.
Strengthen the hands that are feeble,
make firm the knees that are weak,
say to those whose hearts are frightened:
Be strong, fear not!
Here is your God,
he comes with vindication;
with divine recompense
he comes to save you.
Then will the eyes of the blind be opened,
the ears of the deaf be cleared;
then will the lame leap like a stag,
then the tongue of the mute will sing.*

The promise that God is faithful in Psalm 146 as God “...secures justice for the oppressed, gives food to the hungry. The Lord sets captives free.”

We are called to be patient as shared in chapter 5 of James

*Be patient, brothers and sisters,
until the coming of the Lord.
See how the farmer waits for the precious fruit of the earth,
being patient with it
until it receives the early and the late rains.
You too must be patient.*

Matthew 11 reminds us that we recognize John the Baptist as a messenger to prepare the way.

Providence Reflection~ Reflexión de la Providencia

It is from a deep sense of our vulnerability in prayer that we come to appreciate joy. Waiting as the farmer the previous fruit of the earth, deep resounding reverberating joy comes from waiting. Waiting patiently and not with anticipation or expectation. Waiting with a knowing that flowers will bloom, the sun will rise and there is nothing to fear when we recognize the mystery of this God of Providence is always present among us. In a reflection started by Sister Joan Mullen, SP and finished by Sister Ruth McGoldrick, SP of Mount Holyoke upon Joan's death on March 29, 2016. This reflection is entitled *Two Approaches to Providence Compassionate Presence*.

The gift of such compassionate presence is a life-long journey of learning *first* to be present, kind, and compassionate to oneself and to one's own inner processes and then to be full present to others on the way.

One of the best gifts we can give and receive is the gift of listening. Listening with compassionate presence is both healing and nourishing. For me, such presence is sacramental; it is one of the most beautiful manifestations of the mystery of God's providential caring. I am grateful to all who have extended this kind of loving listening and presence to me, and I pray each day that I can e that kind of compassionate presence to others as I continue my inn keeping and my pilgrimage with and into the Divine Presence. (35)



Es desde un profundo sentido de nuestra vulnerabilidad en la oración que llegamos a apreciar la alegría. Esperando como el agricultor el fruto anterior de la tierra, la alegría resonante y profunda viene de la espera. Esperando pacientemente y no con anticipación o expectativa. Esperando con la certeza de que las flores florecerán, el sol saldrá y no hay nada que temer cuando reconocemos que el misterio de este Dios de la Providencia está siempre presente entre nosotros. En una reflexión iniciada por la Hermana Joan Mullen, SP y terminada por la Hermana Ruth McGoldrick, SP de Mount Holyoke a la muerte de Joan el 29 de marzo de 2016. Esta reflexión se titula Dos enfoques de la presencia compasiva de la Providencia.

El don de esa presencia compasiva es un viaje de toda la vida en el que se aprende primero a estar presente, ser amable y compasivo con uno mismo y con los propios procesos internos, y luego a estar plenamente presente con los demás en el camino. Uno de los mejores regalos que

podemos dar y recibir es el de escuchar. Escuchar con una presencia compasiva es a la vez sanador y nutritivo. Para mí, esa presencia es sacramental; es una de las manifestaciones más hermosas del misterio del cuidado providencial de Dios. Agradezco a todos los que me han ofrecido esta clase de escucha y presencia vivas, y rezo cada día para poder dar esa clase de presencia compasiva a a los demás mientras continúo con mi posada y mi peregrinaje con y hacia la Divina Providencia Presencia. (35)

Mullen, Joan and Ruth McGoldrick, SP. "Two Approaches to Providence as Compassionate Presence" *Providence & Compassion: A collection of personal reflections from multiple disciplines*, 2017, pp.31-36

Praying with Questions ~ Oración con preguntas

How have you experienced compassionate presence in your life?

Who has recently been a been a presence or a companion on the journey or pilgrimage?

How have you been a presence to others during this time of Advent?

How do you rejoice in God's Providence?

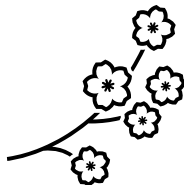
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¿Cómo has experimentado la presencia compasiva en tu vida?

¿Quién ha sido recientemente una presencia o un compañero de viaje o de peregrinación?

¿Cómo has sido una presencia para los demás durante este tiempo de Adviento?

¿Cómo te alegras de la Providencia de Dios?



Love ~ Amore

Words from the Fourth Sunday of Advent Readings

Isaiah 7 questions the house of David "Is it not enough for you to weary people, must you also weary my God? Therefore, the Lord himself will give you this sign: the virgin shall conceive, and bear a son, and shall name him Emmanuel.

Psalmist in Psalm 24 proclaim

The LORD's are the earth and its fullness;
the world and those who dwell in it.
For he founded it upon the seas
and established it upon the rivers.
Who can ascend the mountain of the LORD?
or who may stand in his holy place?
One whose hands are sinless, whose heart is clean,
who desires not what is vain.
He shall receive a blessing from the LORD,
a reward from God his savior.
Such is the race that seeks for him,
that seeks the face of the God of Jacob.

Paul's letter to the Romans "... Son of God in power according to the Spirit of holiness through resurrection from the dead, Jesus Christ our Lord. Through him we have received the grace of apostleship, to bring about the obedience of faith, for the sake of his name, among all the Gentiles, among whom are you also, who are called to belong to Jesus Christ; to all the beloved of God in Rome, called to be holy. Grace to you and peace from God our Father and the Lord Jesus Christ."

Matthew teaches on "... how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the Holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins." All this took place to fulfill what the Lord had said through the prophet: Behold, the virgin shall conceive and bear a son, and they shall name him Emmanuel, which means "God is with us." When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home."

Providence Reflection~ Reflexión de la Providencia

We remember Joseph's dream. Mary's "yes" that took courage and acceptance of God's faithfulness, Mary and Joseph begin their journey of hope as a way of life. And bring into the world a love that brings out justice and peace. (paraphrased from the Constitution of the Sisters of the Humility of Mary).

Sister Mary Montgomery, SP of St. Mary of the Woods

A Prayer of the Season

O Emmanuel – God With Us,
we open ourselves to this Holy Advent Season,
a time of waiting,
a time of expectation,
a time pregnant with hope and possibility.

O Emmanuel – God With Us,
we desire to recognize your presence
all around us,
within us,
and especially your light to pierce
the shadows and darkness
of our lives,
of our community,
of our world.

O Emmanuel --- God With Us,
create in us hearts wide open
to your transformative LOVE.

May our lives be evidence of
your Word Made Flesh,
rooted and dwelling in us.
Amen.

~

Recordamos el sueño de José. El "sí" de María que requirió valor y aceptación de la fidelidad de Dios, María y José inician su camino de esperanza como forma de vida. Y traen al mundo un amor que hace surgir la justicia y la paz. (parafraseado de la Constitución de las Hermanas de la Humildad de María).

Hermana Mary Montgomery, SP de Santa María de los Bosques

Oración de la temporada

Oh Emmanuel - Dios con nosotros,
nos abrimos a este Santo Tiempo de Adviento,
un tiempo de espera,
un tiempo de expectación,
un tiempo cargado de esperanza y posibilidades.

Oh Emmanuel - Dios con nosotros,
deseamos reconocer tu presencia
a nuestro alrededor
dentro de nosotros,
y sobre todo que tu luz atraviese
las sombras y la oscuridad
de nuestras vidas,
de nuestra comunidad,
de nuestro mundo.

O Emmanuel --- Dios con nosotros,
crea en nosotros corazones abiertos de par en par
a tu AMOR transformador.

Que nuestras vidas sean evidencia de
tu Palabra hecha carne,
arraigado y habitando en nosotros.
Amén.

Praying with Questions ~ Oración con preguntas

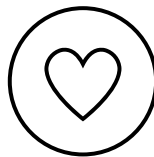
How has God been with you during Advent?

How has your heart been made wide open to receive God's transformative Love?

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¿Cómo ha estado Dios contigo durante el Adviento?

¿Cómo se ha abierto tu corazón para recibir el amor transformador de Dios?



*Blessings during the Octave of Christmas
and into the New Year!*