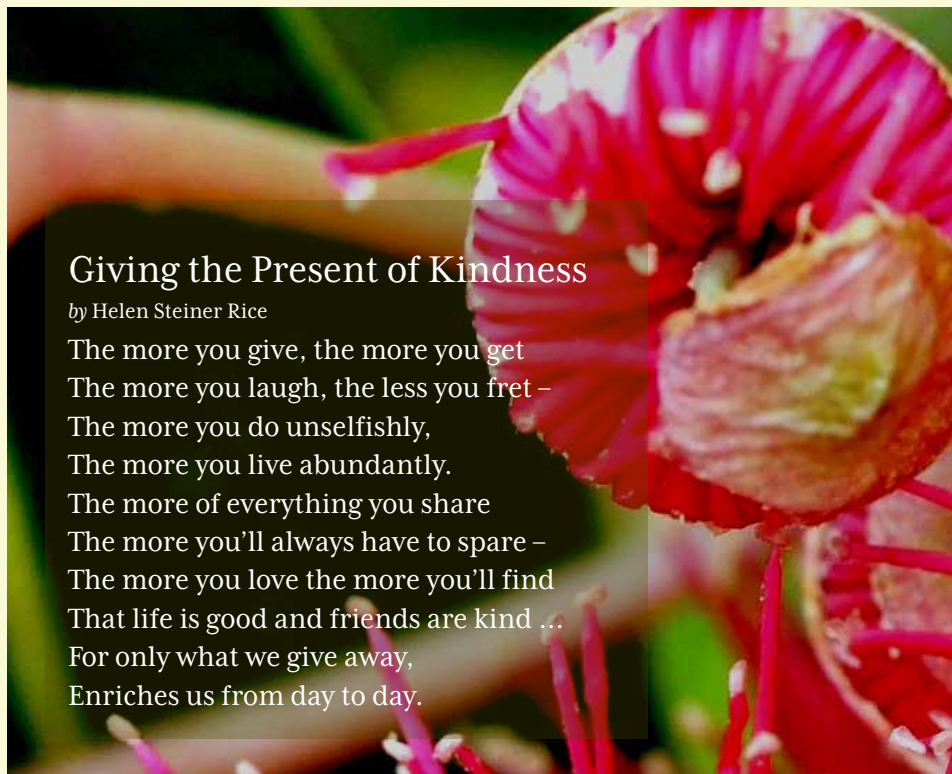


Advent

MOMENTS



The Advent season offers Christians a time to pause and reflect upon the amazing story of the Blessed Virgin Mary and her journey along the road to Bethlehem. Making our own personal “journey to Bethlehem” is an act of faith and love that can yield great fruits in our own lives. If we pay attention, we’ll see that God provides us with numerous opportunities to connect with God each day if we’re willing to take the chance and travel roads we might normally avoid. Whether choosing to visit with difficult family members over Christmas, taking the time to talk with someone in need or helping an invalid or elderly neighbour, there are countless ways to give ourselves to God and follow the path paved by Mary’s courage and faith.



Giving the Present of Kindness

by Helen Steiner Rice

The more you give, the more you get
The more you laugh, the less you fret –
The more you do unselfishly,
The more you live abundantly.
The more of everything you share
The more you’ll always have to spare –
The more you love the more you’ll find
That life is good and friends are kind ...
For only what we give away,
Enriches us from day to day.

*Let the Star of Kindness radiate through
what you think, feel and do today.*