

## It's Time to Head Home

**The journey to Bethlehem involved sacrifice and effort for everyone involved. Mary and Joseph left the security of their home to travel to Bethlehem for taxation registry. Mary was very close to giving birth and the couple didn't have anywhere to sleep and no place to call home.**

As we prepare to enter the Advent and Christmas Seasons it is a perfect time to take stock of how we are travelling. Are we within or without the presence of God? What do these liturgical seasons mean for us?

In this month's edition of *Madonna Magazine* (Summer 2017-18), Chris Gleeson SJ reflects on coming home.

Very frequently at the beginning of my retreat sessions ... I would seek to challenge my audience with the four words: 'Try to be here'. Try to leave behind the worries ... the squabbles ... the excitement ... After all, God is to be found only in the present – right where we are – and we don't need to look anywhere else. This is what the

incarnation means. God is right here with us in every moment and event of our lives.

As a homecoming exercise, reflection is a powerful tool for all of us. It is the capacity to stop and ponder the meaning of one's experience and the direction of one's life.

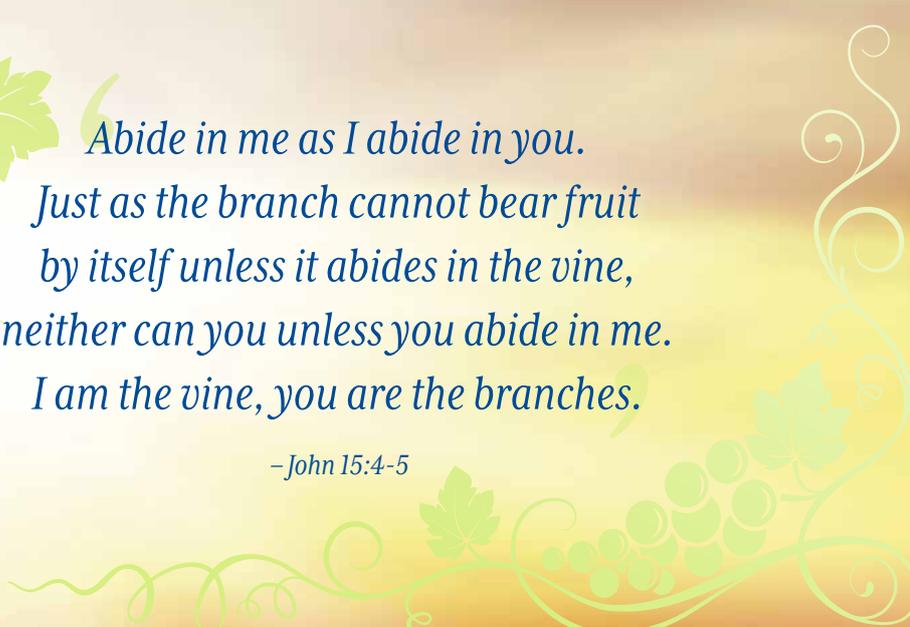
In our society we have schedules filled with appointments, meetings and commitments. This chaos enters our minds creating more and more distraction from who we truly are meant to be in life. We race around so much that even when we come home we cannot simply lay our head down and rest.

Richard Rohr says, "All spiritual disciplines have one purpose: to get rid of illusions so we can be present. These disciplines exist so that we can see what is, see who we are, and see what is happening. What is love. It is God, who is love, giving away God every moment as the reality of our life. Who we are is love, because we are created in God's image. What is happening is God living in us, with us, and through us as love."



*Abide in me as I abide in you.  
Just as the branch cannot bear fruit  
by itself unless it abides in the vine,  
neither can you unless you abide in me.  
I am the vine, you are the branches.*

–John 15:4-5



### REFLECTION

- > How can you, in your busyness make time to journey home to God?
- > Are there times and spaces in your workplace for quiet and contemplation?