

## **ADVENT – Communion Meditation**

During Advent, we want so much to race ahead with celebration. We want the shining star, evergreens, and holly. Even more we want to sing the carols of Christmas and join our friends by the warmth of a fire keeping at bay the night's chill.

We disparately seek the festive Christmas table with wonderful aromas and laden with rich foods that satisfy for such a short time. Our desires lead us to wish for something taking us above and beyond the ordinary. These wishes leave us short of the expectations we might have.

Advent calls us to slow down. It calls us not to escape from world but to engage in the world. If we participate in the depths of Advent, the festival to follow will genuinely be a celebration richer than that for which we can possibly be prepared.

Before us, in the here and now, is a simple table. It is laden not, with holiday delights. It is set with bread and wine. These foods, lowly and common, are the gifts of God which provide for us a joy far excelling our wildest expectations.

This is not a table of wishes that vanish with the tinsel and garland. This is a table of hope that nourishes and sustains us to not just live in this world, but which strengthens each of us to stand up and bring the good news of justice and peace. This is truly a celebration of joy.

