

ADVENT REFLECTION 2019

Week 1: Be alert

'The call to Advent is a call to live wide awake so that we can be alert to God working in us and in our world to bring about the Kingdom. Awareness is another way of talking about being awake. Work today to be aware of the needs of people around you.'

Philip Berrigan and Elizabeth McAllister

- What prevents me from coming closer to God?
- How can I focus on what is truly important?
- How can I respond with love to the needs of others?

SCRIPTURE

As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up until the day Noah went into the ark, and they suspected nothing until the Flood came and swept all away.

Matthew 24: 37-39

REFLECTION

Studies have indicated that over-use of natural resources has led to a dangerously high increase in global temperatures. Greenhouse gases, released into the earth's atmosphere, trap the sun's heat, warming up the earth and causing sea and air currents to change. Already the impact has been felt: ice caps melting; unpredictable weather patterns adversely affecting the lives and livelihoods in many of the poorest regions; the extinction of some species with more feared. It is vital that the emissions we put into the atmosphere are no greater than the ones we remove.

'Climate change is a global problem with grave implications: environment, social, economic, political and for the distribution of goods. It represents one of the principle challenges facing humanity in our day.'

'Developed nations are morally obligated to assist developing nations in combating the climate change crisis. Poor nations are ill-prepared to adapt to the effects of climate change and will bear the brunt of its effects.'

Pope Francis, *Laudato Si'*

ACTION IDEAS

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| • Buy green electricity | • Turn down the heating by 1 degree | • Dry washing outside |
| • Turn off unnecessary lights | • Don't overfill the kettle | • Only use one appliance at a time |
| • Use less plastic | • Re-use water bottles | • Insulate buildings to conserve heating |
| • Recycle all paper and card | • Mend rather than buy new | • For each item bought give one to charity |
| • Reuse, Repair, Recycle | • Buy locally grown produce | • Eat less meat |
| • Keep a compost heap | • Grow your own fruit and vegetables | • Showers save water but keep them short |
| • Use public transport | • Cycle or walk | • Drive less - car share if possible |
| • Lobby your MP regarding promotion of more sustainable policies | | • Become a <i>Live Simply</i> Parish |

NJPN PRAYER

Lord, you call us to discipleship and loving service.

*In prayerful response
may we be beacons of your light
where there is darkness;
may we bring hope
where there is despair;
fostering love and compassion
where there is hatred and division.
May we strive at all times to live simply:
finding joy in small things;
content to have less
so others might have more.*

*Mindful of our responsibility
as stewards of creation,
may we tread lightly on the earth,
respectful of all living things.*

*Rooted in faith,
may we work together to make
your kingdom of peace and justice
a reality for all people.*

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SOWING SEEDS OF PEACE

Plant 3 rows of squash seeds:

- squash anger
- squash criticism
- squash gossip

Plant 3 rows of lettuce seeds:

- let us be unselfish
- let us be loving
- let us be forgiving

Source unknown