

# Heartbeats

The Company of St. Angela in the 21<sup>st</sup> Century

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## Be the Light

"Stay awake, therefore. You cannot know the day your Savior is coming!" With these words from Matthew's Gospel we begin the holy season of Advent. This invitation to be awake, alert, listening has implications for our daily lives. We live in a time when we are deluged with the instant. Waiting seems to be an outmoded style of life. We move through our days in fast motion, moving quickly from one thing to the other. When do we stop? When do we pause? When do we wait and listen? The season of Advent beckons us to do so. Can we give five or ten minutes of our day to waiting quietly as we listen to the voice of the Holy One in the depths of our lives?

A second invitation in today's Scriptures is to put on the armor of light. In a world and time where there is much darkness – violence towards people and towards the earth, racism, dishonesty, lack of transparency – we are invited to put on light, to be people who are open to the truth, people who respect others and the earth, people who are honest. Thus, we become light in our world today.

The season of Advent invites us to be present each day of our lives to the now. Being attentive to the present moment opens us to the gift of life no matter the shape in which it may come. Be present to those moments when we must wait at the grocery store, at the red light. Be present to that desire in our hearts where we wait for world peace, a desire which is the God-life in us urging us to beat swords into plowshares and spears into pruning hooks. So wake up and see the gift of our Incarnate God in you, in creation, in your brothers and sisters, and put on the light, be the light that shows the way to peace, inclusivity, and community.

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