

May Advent be a time of HOPE, in the midst of the crises of our world.

THE SCRIPTURE OF THE FIRST SUNDAY OF ADVENT SAYS THAT AS YOU LOOK FORWARD TO THE COMING OF CHRIST YOU SHOULD “STAND UP AND RAISE YOUR HEADS, BECAUSE YOUR REDEMPTION IS DRAWING NEAR.” LUKE 26 - 28

Pope Francis helps us, in *Laudato Si*, to recognize this same HOPE.

“IN THE HEART OF THE WORLD, THE LORD OF LIFE, WHO LOVES US SO MUCH, IS ALWAYS PRESENT. HE DOES NOT ABANDON US, HE DOES NOT LEAVE US ALONE, FOR HE HAS UNITED HIMSELF DEFINITELY TO OUR EARTH, AND HIS LOVE CONSTANTLY IMPELS US TO FIND NEW WAYS FORWARD.” LS 245

Joanna Macy, climate activist and author of the book, *Active Hope* tells us that in spite of our long destruction of our world “we are beginning to wake up as if from a millennia long sleep, to a whole new relationship to our world, to ourselves, and to each other.

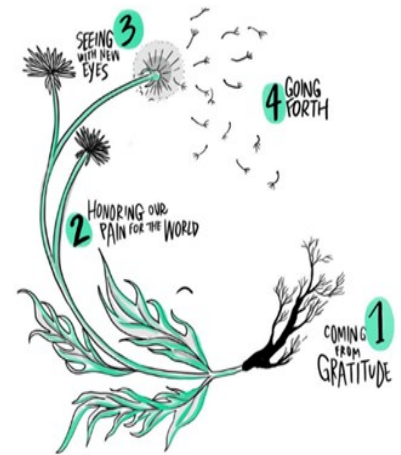
She has developed a **Spiral of the Work That Reconnects**. This consists of four movements. We invite you to practice these four movements each day of this Advent Season.

***Gratitude** – When we come from gratitude we become more present to the wonder of being alive in this amazing, living world, to the many gifts we receive, to the beauty we appreciate. *Each day spend time in gratitude for one particular gift of creation.*

***Honoring our Pain for the World** – This not only alerts us to danger but also reveals our profound caring. And this caring derives from interconnectedness with all life. *Each day take time to reflect on and feel the reality of one aspect of the devastation of our world.*

***Seeing with New Eyes** – This reveals the wider web of resources available to us through our rootedness within a deeper ecological self. *Each day think of 1) groups you feel at home in, 2) the wider community around us, 3) the global community of humanity, 4) the earth community of life.*

***Going Forth** – This involves clarifying our vision of how we can act for the healing of our world, identifying practical steps that move our vision forward. *Each day, choose one action that you can take that is inspired by these reflections.*



For more insight into the Spiral of the Work that Reconnects go to:

www.workthatreconnects.org