



## ADVENT REFLECTION

December 20<sup>th</sup>2017

We are rapidly approaching Christmas the yearly commemoration of the Incarnation. For many of us, we have become so accustomed to the biblical narratives of the birth of Our Lord Jesus Christ and the creedal of the doctrines involved that we have often ceased to appreciate the mystery of the incarnation.

Every year we as Sisters of the Sacred Hearts of Jesus and Mary, with our SHC's and friends, join the wider catholic community to celebrate this important feast.

Perhaps as we are waiting in silence for Christ to be born we could take some time to reflect on what the incarnation really means for each one of us.

It can be incarnating ourselves into the life and spirituality of our Founders Father Victor Braun, Mother Winefride and the early sisters. This can only be possible if we (each one) take the time to incarnate ourselves in our own community or family. As one wise person put it: "you can only become a true part of something if you take time to enter into the skin and blood of it". And Jesus did just that, he forgot about his glory and divinity to become a part of humanity.

Therefore, incarnation for us means forgetting ourselves to "enter into the skin and blood" of our spirituality and founding vision. Like Jesus let us forget our own glory and incarnate ourselves into the life of our communities.

