

Second Week of Advent

Sunday 13 December 2020

Reflection 15 – Day 15

Gaudete

We reach our third Sunday of Advent on Gaudete Sunday. So, rejoice! For Gaudete is indeed the Latin for rejoice and what a lot we have to rejoice for. What comes to mind when you think of what you can rejoice about?

Whatever may come to your mind, it is indeed a time for rejoicing:

Gaudete, Gaudete Christus est natus

Ex Maria Virgine,

Gaudete!

Rejoice! Rejoice, Christ is born

Of the Virgin Mary,

Rejoice!

We will see this spirit and period of rejoicing throughout our readings and reflections this week.

To rejoice is deeply set in the spirit of joy, which is quite different from happiness, as Henri Nouwen pointed out, when he wrote:

Joy is, “the experience of knowing that you are unconditionally loved and that nothing – sickness, failure, emotional distress, oppression, war, or even death – can take that love away”

– Henri Nouwen

How often we are indeed caught up in the busyness and stresses of life to simply rest in that joy. To breathe in deeply the peace of eternal and unconditional love.

Loving Father,

Thank you for loving me.

Amen.