



**Finding the stillness of God
In the midst of the busyness of the season of Advent.**

As contrary as it seems to the external world preparing itself for the full festivities of Christmas parties, endless shopping sprees, tree trimming, and mounds of presents on Christmas morning, the church views the season of Advent as a time to be quiet and still, so as to allow God to speak to our hearts, so that Christ can be born in brand new ways in our lives. We support this internal spiritual journey into the heart of Christ here at St. Andrew's by offering these contemplative moments as resting spots along the way.

Contemplative Lessons & Carols on December 11th from 5-6 p.m.

Quiet Evening Practice of Prayer:

Keep watch, dear Lord, with those who work, or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.

Many of us settle into this prayer each evening during Compline, our beautiful nighttime prayers. Please use one of the attached sheets each week to name your specific concerns and prayers. Allow your hearts to settle into the time and space you have offered and pray for people attached to each of the lines of this meaningful prayer. There is a gift in naming aloud to God those who you offer to God's loving care.

Contemplative "Sacred Reading" of Advent texts. We have designed for you something special to draw you more deeply into the season of Advent. Through creating sacred space and with the use of imagery and text, we invite you to engage in the sacred reading of texts, which is called *Lectio Divina*. If you would like to pick up or be sent a package with everything you need to for this spiritual practice to be done by yourself or by joining others, please let Mother Barbara know. She will be happy to send you this special Advent package.