



Sunday 6th December 2020

My dear brothers and sisters,

I trust that this message finds you and your families in good spirits and health. We are almost at the end of the year.

With the season of Advent upon us, I have been contemplating the meaning of Advent. For us Christians we recognise it as the 'Coming or Arrival'. The coming of our Lord Jesus Christ and yet Advent also means an event happening or the arrival of something or someone. It is in effect a waiting period.

As human beings we are always in Advent. We are forever waiting with the expectation of something about to happen. It is in our human instinct to have something to look forward to. We need that goal. We need that challenge. We need something to aspire to. Why? For the simple reason it is about our confidence, self-esteem and ultimately our happiness. If we look at Advent as a constant in our lives, we can perhaps learn to appreciate what we have in the 'present'. This week, in keeping with the season of Advent, I invite you to consider the theme of contentment and what that means for you.

Contentment

It was spring but it was summer I wanted; the warm days and the great outdoors.

It was summer but it was autumn I wanted; the colourful leaves and the cool dry air.

It was autumn but it was winter I wanted; the beautiful snow and the joy of the holiday season.

It was winter but it was spring I wanted; the warmth and the blossoming of nature.

I was a child but it was adulthood I wanted; the freedom and the respect.

I was twenty but it was thirty I wanted; to be mature and sophisticated.

I was middle-aged but it was twenty I wanted; the youth and the free spirit.

I was retired but it was middle-age that I wanted; the presence of mind without limitations.

My life was over but I never got what I wanted.

Source: "Calm My Anxious Heart" by Linda Dillow

Life, my dear brothers and sisters is continually changing. What we might want today might not be what we want tomorrow. Are you able to relate to this passage? Has it made you think about loving yourself more? Yes, we are called to reach out to others but you must also reach out to yourself.

We all have hopes and dreams. This week, let us ask ourselves how we can be truly contented?

As I sign off, I wish you a blessed week ahead. May God continue to pour his graces and favours on you now and forever.

We remain united in our love and prayers for one another.

Yours,

Rev Fr Nicholas Nwanzi