

## First Sunday of Advent



This Sunday marks the start of a new liturgical calendar and the beginning of the season of Advent. This is a period to prepare ourselves for the coming of the Lord. As the days grow darker, we are reminded of the Light that awaits our faithful anticipation of the Lord's coming celebrated at Christmas. At the same time, we are to prepare our souls for the second coming of Jesus Christ, King of the Universe.

In our modern culture, this time of year is spent preparing our homes for family celebrations and emptying our pocketbooks so that it might bring joy to those we love. There are a variety of ways we prepare for the communal events that the next month promises. Are we putting in the same kind of eager effort to ready ourselves to meet Jesus?

Recovery provides a daily re-focusing of our motives and behavior. Our Catholic fellowship offers us the opportunity to live each day successfully using the spiritual principles of addiction recovery and our sacramental understanding of Jesus Christ as our savior and higher power.

Yesterday is but a dream and tomorrow is only a vision. However, each day well-lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. Look well, therefore, to this day.

As we get closer to Advent, we draw near to our Lord, the Giver of Life. This often requires letting silence and stillness into our day, amplifying the intensity with which our heart beats for Him. Our preparation might include shedding some repeated behavior that has kept us from being intimate with God and others. The more stuff we add to our lives, the more we must take time to free ourselves from attachments to anything but God. As we will proclaim in this Sunday's Responsorial Psalm, "Lord, make us turn to you; let us see your face and we shall be saved."

While we embrace the stillness, darkness, and silence of Advent, we are to remain hopeful. As a result, we see an overlap between the initial phases of the liturgical calendar and the Twelve Steps of addiction recovery. Both ask us to identify with our own inherent powerlessness and need for a savior. Upon this realization, we are filled with hope that Christ can bring the change we desperately desire or keep us moving on the path of spiritual progress.

## Reflection Questions

This Sunday's First Reading describes the hope of Jesus and reliance we have on the Lord amid our own human limitations. Hear the words of the prophet Isaiah as they declare God's Lordship and the hope of His return:

*You, Lord, are our father,  
our redeemer you are named forever.  
Why do you let us wander, O Lord, from your ways,  
and harden our hearts so that we fear you not?  
Return for the sake of your servants,  
the tribes of your heritage.  
Oh, that you would rend the heavens and come down,  
with the mountains quaking before you,  
while you wrought awesome deeds  
we could not hope for,  
such as they had not heard of from of old.  
No ear has ever heard, no eye ever seen,  
any God but you  
doing such deeds for those who wait for him.*

It has been said that, in recovery, what we go looking for, we go looking with. Let the Lord guide you on this journey and be sure to share what you find with others.

- How are you making room for Jesus in your life? Consider the physical, emotional, spiritual, and mental ways you are preparing yourself for the Lord's coming.
- Reflect upon and share about a 12-step recovery principle or Catholic tradition that is especially helpful to you this time of year.
- What are you grateful for?

### **Weekly Advent Candle Lighting & Prayer**

*Join fellow CIR members Sundays of Advent on Zoom for a candle lighting ceremony and reflection*

- Gathering will take place **Sundays at 8p ET/5p PT** beginning December 3 and last 30-45 minutes
- Your family members are welcome to participate
- 4th Sunday of Advent is December 24 and will kick off our annual Christmas Marathon Meeting
- Find meeting information and login details at [catholicinrecovery.com/virtual-meeting-schedule](http://catholicinrecovery.com/virtual-meeting-schedule)

## Sunday Mass Readings this Week

**First Reading:** Isaiah 63:16b-17, 19b, 64:2-7

**Responsorial Psalm:** Psalm 80:2-3, 15-16, 18-19

**Second Reading:** 1 Corinthians 1:3-9

**Gospel:** Mark 13:33-37