

# **Jeff's Jottings**

## *A time of waiting and wonder*

November 30, 2018

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Here we are, again, at the cusp of this annual time of waiting and wonder we know as Advent. Every year, each like the one before it, Advent challenges us to balance the energy and frenetic pace of the Christmas season with the quietude our hearts and minds require in preparation for the coming of the Christ. To balance our love and commitment for others with our own self-care.

This year, more than any I remember, because of all that has gone on, I need that balance, deeply, for myself. That's why, instead of writing Advent reflections here, as I have done at times in the past, I am inviting you to join me in what will be one of my Lenten disciplines: a journey into the Scripture and art of Advent accompanied by a Roman Catholic scholar and theologian. My pattern will be to use it later on Friday evenings, my most consistently quiet moment of the week, as a guide and stepping stone into my own prayer and preparation.

You might have another time that works best for you. Or you might have another method, perhaps a devotional or guide you've received from your own faith community or an organization you support. Whatever the means, I encourage you in this Advent season to find a quiet moment and space, maybe once a week, maybe every day, to reflect on what Christ's coming will mean in and for your life.

May this Advent be a blessed time for all of us, and for our world.

[Arts & Faith at Advent, Week 1](#)