



## *A Reflection on the Second Week of Advent*

Advent is a time for anticipation, hope and preparing for the coming of Christ. We sing, “Come, O long expected Jesus, born to set your people free; from our fears and sins release us; free us from captivity.” In this time of anticipation, we make space for Him in our lives and hearts. However, as much as we want to be ready to receive Him, human beings are not very good at cleaning out clutter.

In a world of uncertainty and anxiety, we fill our lives with material things and cling to our emotional baggage. Most of us have experienced the frustration of needing to clean out closets, basements, garages and offices. There are books on our shelves that will never be read, clothes in our closets that will never be worn, and way more pens and pencils in our desks than we will ever use. It could be the relationships in our lives that have grown stale or, worse, have begun to pull us off track. It could be our fixed notions of how things ought to be. What prevents us from eliminating all this baggage is no mystery. Emptiness scares us.

Uncertainty and anxiety are all around us and we are anxious about the future. Is there anything more uncertain these days than the world of health care? The news is full of questions about health care reform and how it will change the way we go about our work. Who will have access to care and who will not? How will new policies affect our ability to care for those who most need us, the poor and the vulnerable? How can we be creative and resourceful in serving our communities’ many needs? How will it affect our daily work? Indeed, it is a time to open up and invite God to be with us.

Christ will enter our desert places to bring new life, consolation and salvation. The gospel of Mark begins in the wilderness with John the Baptist who is the fulfillment of Isaiah’s prophecy.

“Behold, I am sending my messenger ahead of you;  
he will prepare your way.  
A Voice of one crying out in the desert:  
‘Prepare the way of the Lord,  
Make straight his paths.’”



# Advent Reflections

Every Advent is a new beginning and a preparation for Christ. In a few weeks, we will once again celebrate the most wonderful mystery of all: He will be born in us and among us. Let us “prepare the way of the Lord.”

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*The Catholic Health Association would like to thank Jon Sarta for allowing us to use his music from the albums Catholic Piano Music Vol 8 - Advent and Catholic Piano Music Vol 4 - Christmas for the podcast. His Music can be obtained from [mljmusic.com](http://mljmusic.com).*