



# A Companion Journal for Advent

FCC Minneapolis Advent 2022



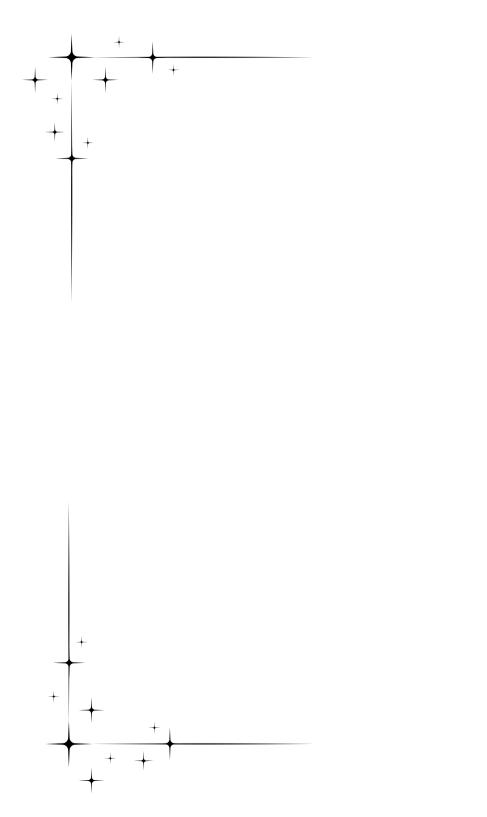
#### WEEK ONE: SACRED TIME

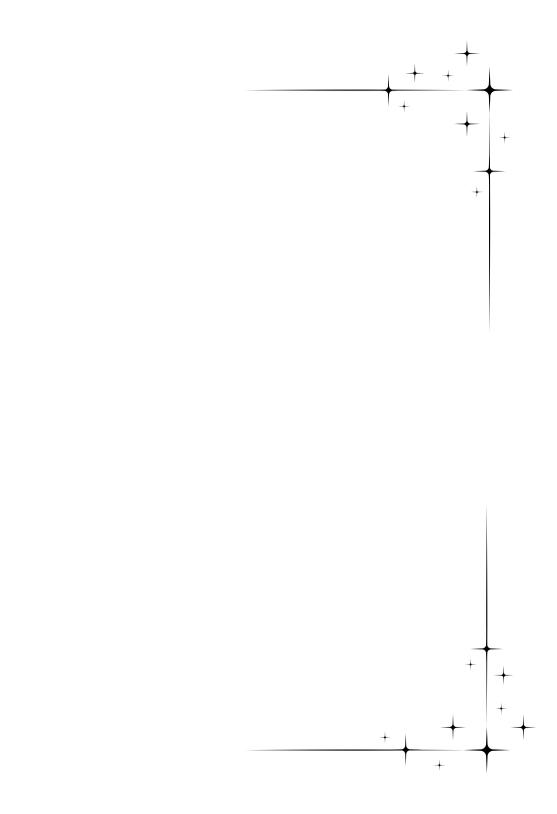
We begin our advent journey by emphasizing the gift of being awake to the "now"... the gift of sacred time with God, with each other, and with those in need of hope.

"I have never been separate from God, nor can I be, except in my mind." (page 44, <u>The Universal Christ</u>)

How I can stay present with others this week and shine as a beacon of hope:







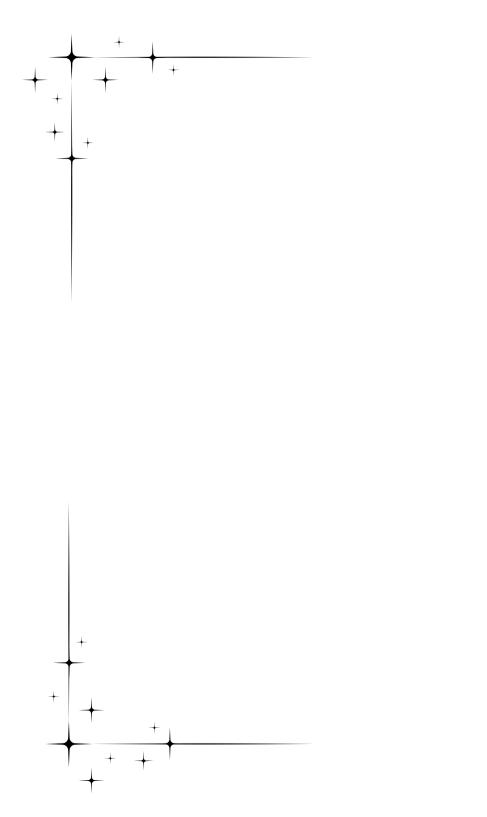
# WEEK TWO: SACRED PEOPLE

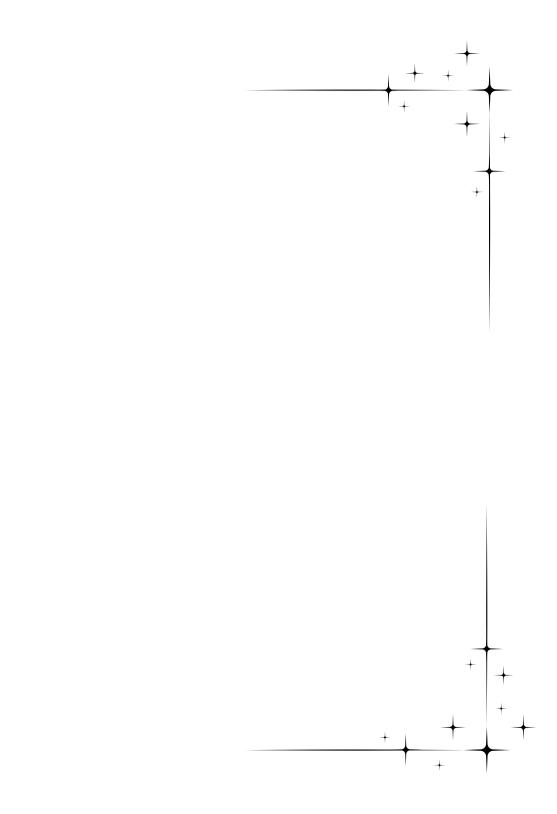
when we look through the lens of the sacred, we prepare our senses to recognize the holy in all people

"You must come to know [the Word becoming flesh] in the very cells of your body–and see it in the cells of all bodies, which each carry the same divine DNA of their Creator." (page xiii, <u>Every Thing is Sacred</u>)

where I see the sacred in other people this week, even people who I find difficult to love...





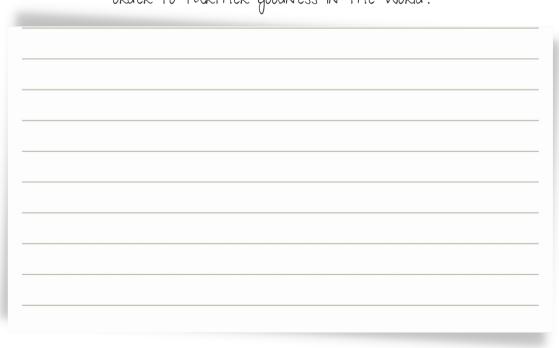


# WEEK THREE: SACRED SPACE

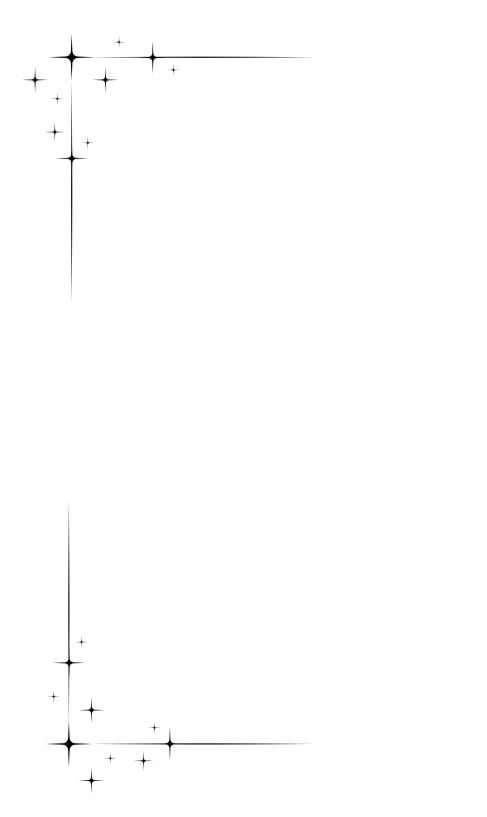
The pregnancy of Mary is connected to the promise of justice and joy in the advent story. "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for the Holy One has looked with favor on the lowliness of his servant..."

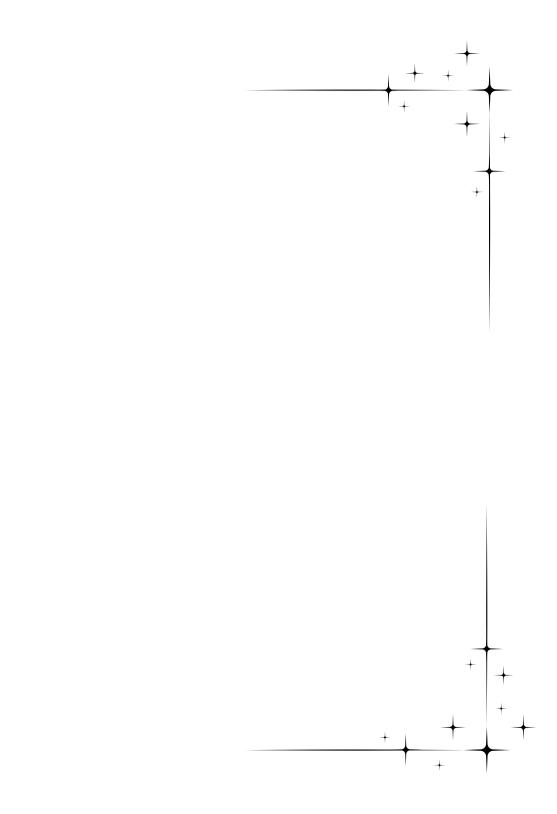
Luke 1: 46b-55

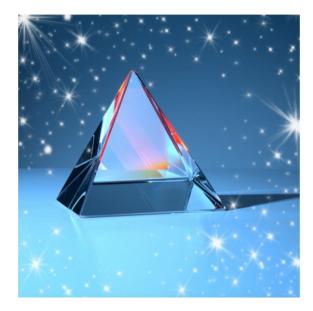
How do the spaces 1 inhabit - at home, work, and in community reflect God's justice and joy? What am 1 being called to create in order to further goodness in the world?









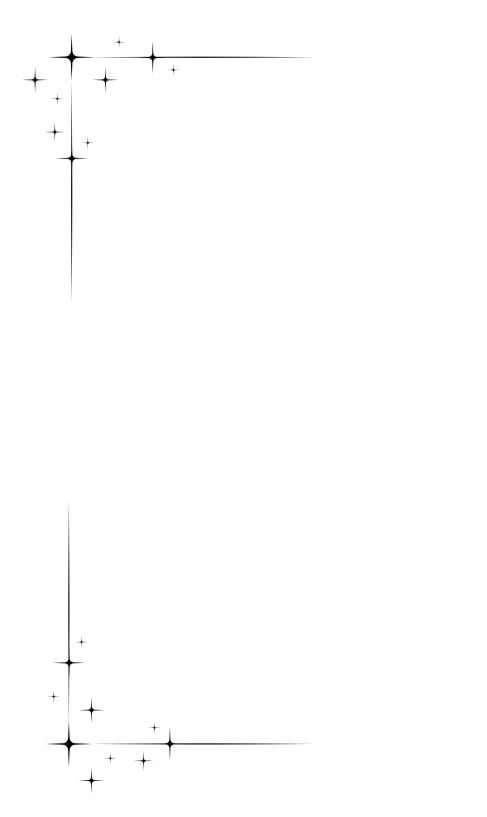


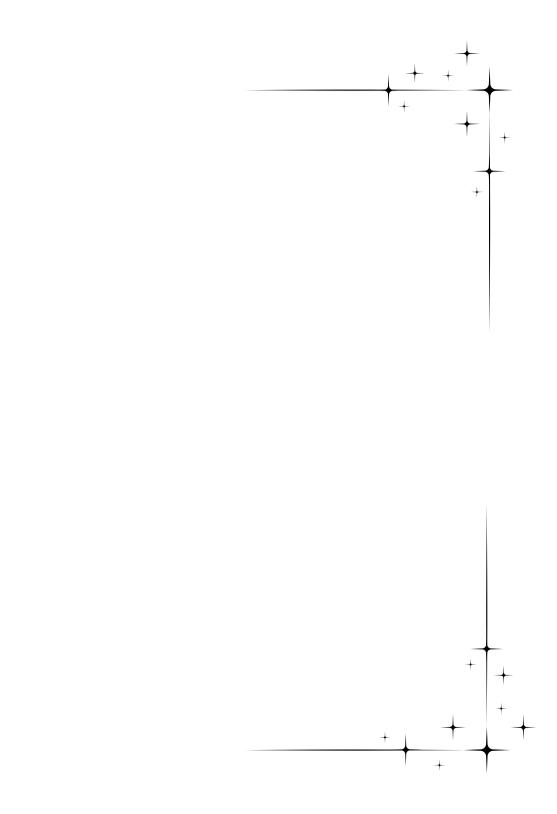
#### WEEK FOUR: SACRED KNOWING

Let us seek out quiet to heak the voice that blings peace by gently saying, "do not be afraid." "We do not need to be afraid of the depths and breadths of our own lives...We are given permission to become intimate with our own experiences, learn from them, and allow ourselves to descend to the depths of things, even our mistakes..." (page 111, <u>The Universal Christ</u>)

when I drop into the depths of my heart and listen for God, what do I know in my bones as God's calling over my life?

0	U	0





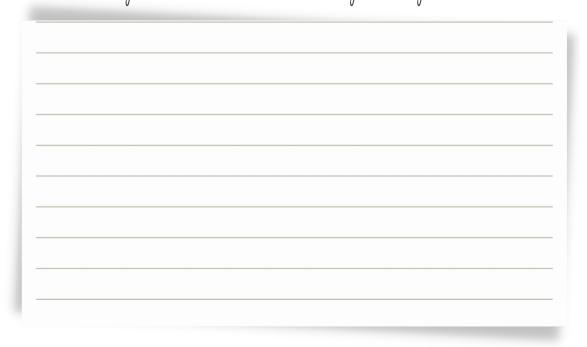


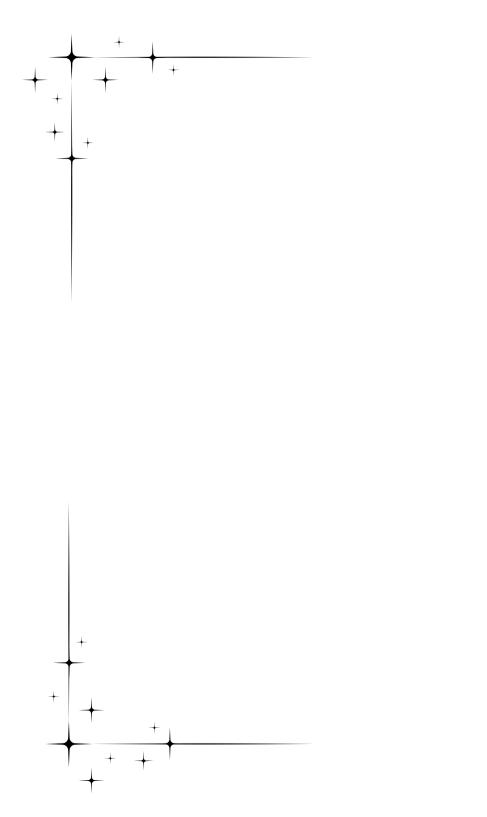
# CHRISTMAS EVE: SACRED BEING

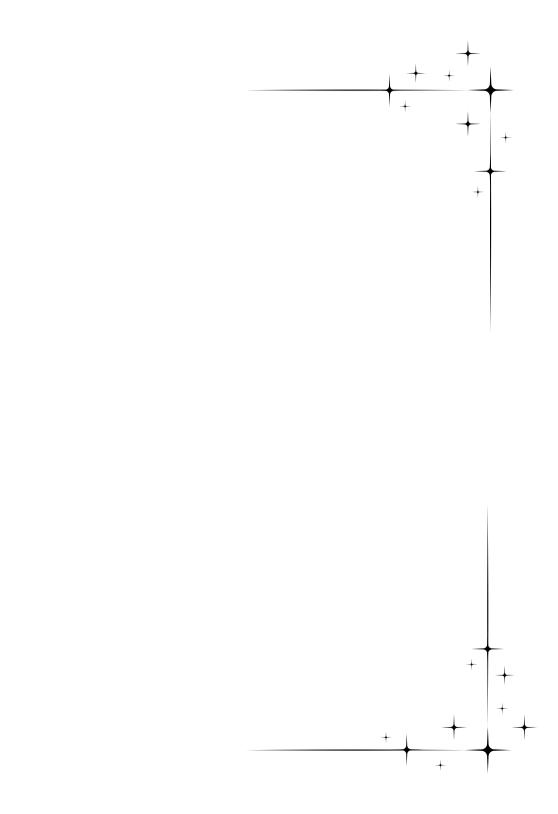
Our very being reflects the sacred. The incarnation of God in human flesh is proof.

"Have you ever noticed that the expression 'the light of the world' is used to describe the Christ (John 8:12) but that Jesus also applies the same phrase to us? (Matthew 5:14, 'You are the light of the world.')" (page 31, <u>The Universal Christ</u>)

I am beloved as a child of God, No matter what. How do my life and actions reflect my identity as God's child?







#### CHRISTMAS DAY: SURPRISINGLY SACRED

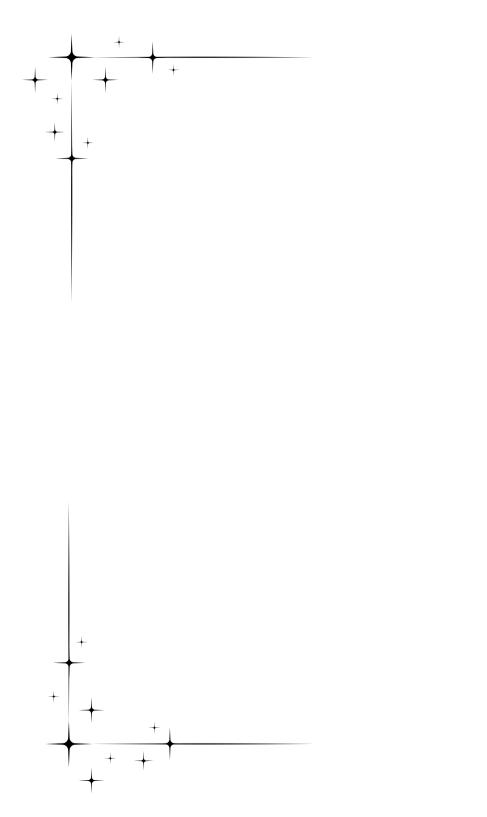
Can we dare to believe that we can know a surprising calm even in the midst of anxiety because of the in-breaking of this Prince of Peace upon our lives each and every day?

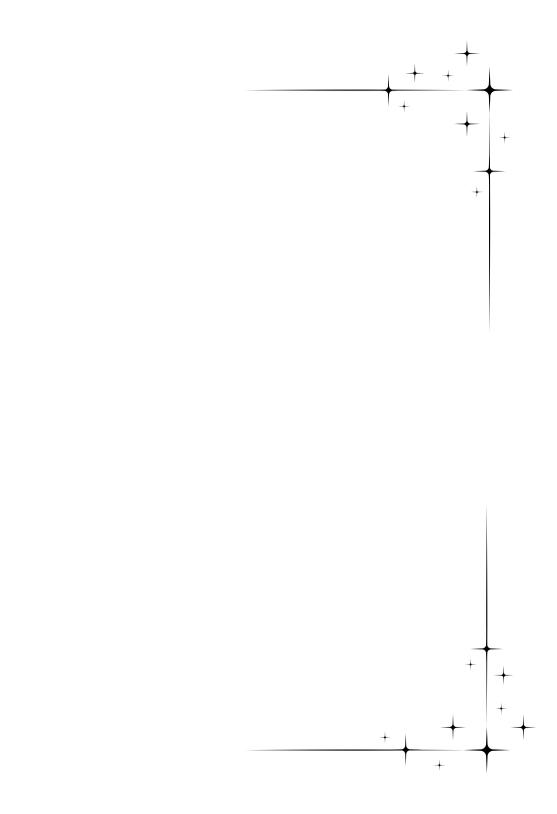
" Jesus came to undo our notions of scarcity and tip us over into a worldview of absolute abundance–or what he would call the 'Reign of God.'" (pages 184-185, <u>The Universal Christ</u>)



How I've been surprised by the sacred on this day and throughout the Cidvent season:









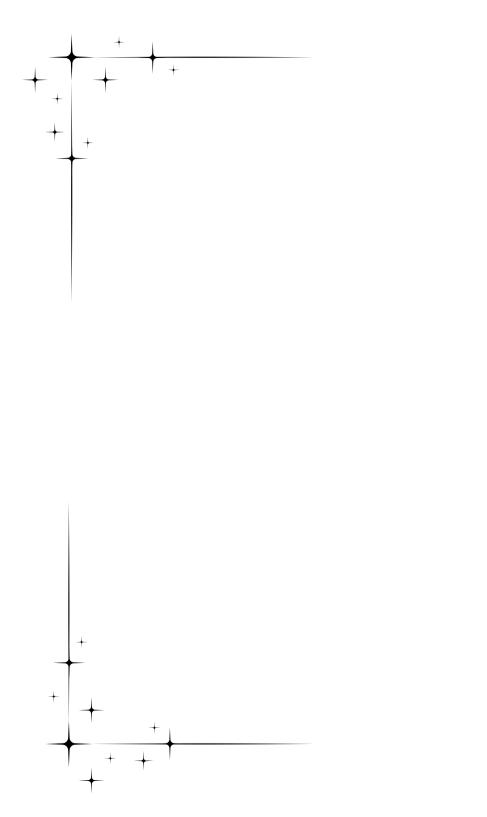
#### NEW YEAR'S DAY: SACRED DOING

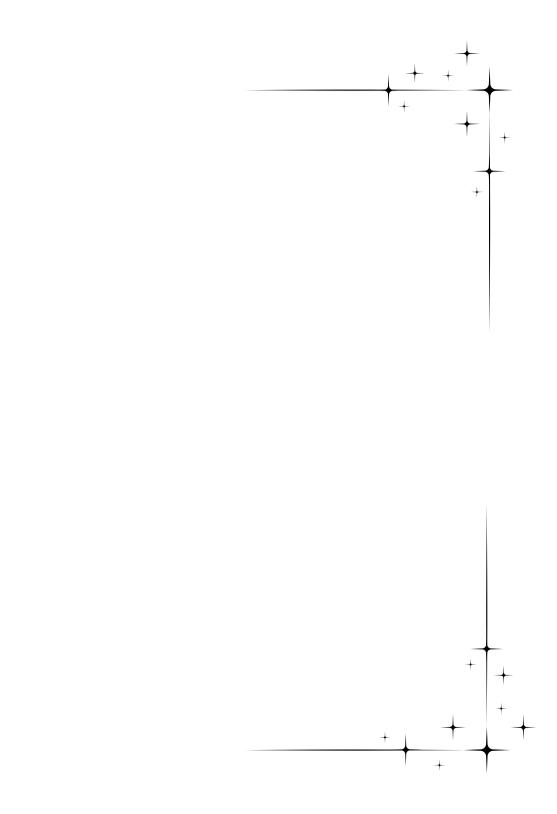
We dedicate ourselves in this New Year to sacred acts of justice and mercy, bringing grace to a hurting world, reflecting the sacred in all we do.

"It is not God who is violent. It is not that God demands suffering of humans. We do. God does not need or want suffering– neither in Jesus nor in us." (page 146, <u>The Universal Christ</u>)

where God is nudging me to acts of justice and mercy in this new year:







www.fccminneapolis.org