

Rev. Randall Hubbard, Presider
Deacon Lucio Caruso, Homilist
2 Samuel 7:1-5, 8b-12, 14a, 16
Romans 16:25-27
Luke 1:26-38

FOURTH SUNDAY OF ADVENT
December 17-18, 2011

ADVENT HOMILY MEDITATION

I invite you to close your eyes.

Feet flat, arms and hands relaxed on your lap.

Breathe in - Hold.

Breathe out.

Breathe in again - Hold.

Breathe out.

Feel yourself letting go of worries and concerns...

Be comfortably present only to this moment... **{music begins}**

Imagine . . .

You are outside of Mary's house. . . . It is early morning and the sun has colored the sky all orange. . . . The birds must be happy about this... Listen to them sing! . . . Open the door to Mary's house and quietly walk in. It's all right, because I think she is expecting you.

Notice that Mary is praying. . . . She sees you and welcomes you with a smile.... She calls you by name and invites you to sit down next to her. .. Walk over and sit next to her... It feels good to be with Mary, doesn't it?

Suddenly you feel a presence.

It's hard to describe.

You are not afraid but very calm and at peace.

Be with this feeling...

A bright light now fills the room... Look! There is what appears to be a most beautiful angel standing in the middle of the light.

"Mary," you hear her name spoken ever so gently.
"Mary, don't be afraid!"

Mary smiles as she gazes into the splendor of that light.
Just as you realize that those words are coming from the angel, the angel turns
to you and greets you by your name!
Feel your own heart pound...

Listen carefully, the angel is saying something to Mary:
*"Rejoice, Oh highly favored daughter.
The Lord is with you, blessed are you among women."*
Repeat these words in your mind.
{The Lord is with you, blessed are you among women}

What might it mean to be "so blessed"?

The Angel continues....
*"God loves you Mary
You are God's favorite.
You shall conceive and bear a son and give him the name Jesus.
Great will be his dignity and he will be called Son of the Most High.
The Lord God will give him the throne of David his father.
He will rule over the house of Jacob forever and his reign will be without end."*

After a quiet and ever so still pause, the voice of the angel now poses a question
straight to Mary's heart....

"Will you be Jesus' mother?" the angel asks....

Mary, with a somewhat puzzled expression, responds:
"How can this be since I have had no relations with a man?"
Hear the angel say, *"The Holy Spirit will come upon you Mary and the power
of the Most High will overshadow you."*

Startling you, the angel turns and whispers in your ear something amazing
about Mary's older relative.

"Elizabeth, her cousin, who was thought to be sterile, has conceived in her old age.

*She is now in her sixth month,
for nothing is impossible with God."*

What do those words really mean: "Nothing is impossible with God?"
Where in my life are what seem to be "impossible hurdles?"

Turning your gaze back to Mary,
she is now smiling and nodding her head... and tells the angel:
"I don't understand, but whatever God wants me to do I will do, because I trust God . . . so, yes, angel, I will be Jesus' mother for I am the Lord's servant, let it be done to me as you say."

Repeat Mary's words to yourself.

"I am the Lord's servant.

Let it be done to me as you say."

What do these words mean for your life?

Breathe in, *let it be done*. Breathe out, *to me*. Breathe in, *let it be done*.

Breathe out, *to me*.

The angel smiles at Mary and you, and disappears...

Mary looks at you, takes your hand, and asks:

"What does God want you to remember about this experience we have shared together"? "With my support, can you surrender and let God's will be done and fulfilled in your life?"

Mary and you tenderly embrace... feel her warmth and care. Look one more time into her most loving eyes as you say goodbye, leave her house and slowly come back to this place. **{music ends}**

With one or two others, share something of the experience and feelings you had with Mary... Our music ministry will lead us in the song "I am for You" when it's time to conclude.