

## Tuesday at Ten Advent 2008

Stillness exercise - sounds

Play CD – Come my Lord – Keith Duke – Sacred Weave

Dec 23<sup>rd</sup> reading from Iona Advent readings

As Mary carried Jesus within herself – let us reflect ...

Do we have room for him in our hearts, in our busy lives?

And if, as we prepare for his coming this Advent, we find that the room is a bit cramped, what might we need to lay aside or do differently to welcome him in?

And as his life grows within us, as his word unfolds and dwells in our hearts, how shall we nurture his presence?

And as Mary carried the growing Jesus with her wherever she went, to market, in the garden, in her daily work, to her cousin Elizabeth – where shall we carry Jesus? To the stranger, the lonely, the sick ... as we share the deep joy and peace that he brings to our lives ...

Say together ...

My soul doth magnify the Lord  
And my Spirit hath rejoiced in God my Saviour.

For he hath regarded  
the lowliness of his handmaiden

For behold from henceforth,  
All generations shall call me blessed.

For he that is mighty hath magnified me,  
And holy is his name.

And his mercy is on them that fear him,  
Throughout all generations.

He has shewed strength with his arm,  
He has scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat,  
And hath exalted the humble and meek.

He has filled the hungry with good things,  
And the rich he sent empty away.

He remembering his mercy hath holpen his servant Israel,  
As he promised to our forefathers, Abraham and his seed for ever.

Glory be to the Father, and to the Son, and to the Holy Ghost,  
As it was in the beginning, is now and ever shall be, world without end, Amen.

