



faith

Claudette Langdon

The Christmas season is a time for sharing, giving and enjoying time with family and friends but it is important that we remember the central figure of Christmas, Jesus Christ. Jesus is the reason for this most blessed season ...

The word Christmas is short for Christ's mass. The word Christmas has its origin from the old English term Cristes Maesse, meaning "Christ's Mass."

Jesus' birth is a message of hope, love, joy and peace. It reminds us of God's love for humanity and His desire to reconcile with us. It also teaches us about humility, service, and the importance of living a life of faith and compassion.

Let us reflect on the following themes:

- **God's Love for Humanity:** The birth of Jesus is seen as the ultimate expression of God's love for humanity. By sending his Son to Earth, God demonstrates his desire to be close to us and to offer us salvation.
- **Humility and Service:** Jesus' humble birth in a manger teaches us the importance of humility and service. He came not as a powerful ruler but as a vulnerable infant, emphasizing the value of serving others.
- **Hope and Redemption:** Christmas offers hope for the future. Jesus' birth signifies the beginning of a new era, one of redemption and the promise of eternal life.
- **Joy and Peace:** The Christmas story brings joy and peace to the world. The angels' proclamation of "peace on earth" reflects the message of harmony and goodwill that Jesus brings.

This is good news worth celebrating!

While the holiday season is often associated with gift-giving, festive gatherings, and holiday cheer, the true meaning of Christmas lies in the Incarnation—the belief that God became a human being.

John 1:14: "The Word became flesh and lived among us."

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We are fortunate to have traditions and practices to guide our celebrations:

- **Advent:** The four weeks leading up to Christmas are a time of reflection, prayer, and preparation for the coming of Christ.
- **Midnight Mass:** This special Mass celebrates the birth of Jesus and often includes a reenactment of the Nativity scene.
- **Christmas Day Mass:** Families gather to attend Mass and give thanks for the gift of God's Son among us, incarnate. Emmanuel.
- **Carols and Hymns:** Traditional Christmas carols and hymns express the joy and wonder of the season.
- **Charity and Giving:** Catholics are encouraged to practice charity and give to those in need, embodying the spirit of giving that is central to Christmas.

By focusing on the true meaning of Christmas our faith is deepened, we connect with others and live out the teachings of Jesus Christ throughout the year.

As women of faith, we can be very 'busy' at this religious holy time. Of course, rejoice, enjoy spending time with family and friends, share gifts, help those in need and decorate BUT let us not miss the gift of Christ. Take time to be in the moment and reflect on real gift of Christmas: **Jesus!**

May Christ be with you at Christmas and all year through! Amen





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Prayer for December

Dear God,

Help us to keep our focus first on Christ this season.

Please forgive us for giving too much time and attention on other things.

Help us to reflect again on what Christmas is really all about.

Thank you that you came to give new life, peace, hope, and joy.

Thank you that your power is made perfect in our weakness.

Help us to remember that the gift of Christ, Immanuel, is our
greatest treasure, not just at Christmas,

but for the whole year through.

Fill us with the joy and the peace of your Spirit.

Direct our hearts and minds towards you.

Thank you for your reminder that both in seasons of celebration
and in seasons of brokenness, you are still with us,

for you never leave us.

Thank you for your daily powerful presence in our lives, assuring
that your heart is towards us, your eyes are over us,

and your ears are open to our prayers.

Surround us. Keep us safe in your care
as we keep you first in our hearts and lives.

In Jesus' name. Amen