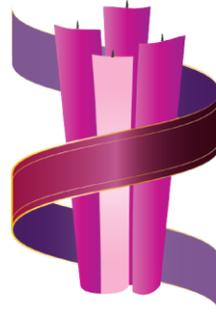


Animating Advent



Dear Sisters and Associates, Consociates, `Ohana and Familia de San José,

The Season of Advent is a time of transformation. Mary waited expectantly for the birth of her child, deeply aware of the changes in herself and the changes that will happen to nurture new life, knowing that there will be surprises. We, the Animation Committee, invite you to pray these “Animating Advent” reflections with similar expectation. We encourage you to share with others what is stirring in you, as we seek to deepen relationships across the congregation and be open to opportunities for transformation.

Each week we will offer you a significant phrase from the Sunday reading followed by a brief personal reflection, along with questions to guide you in sharing the State of Your Heart. Sharing can be done in person, over the phone, electronically (via FaceTime, Skype, Google Meet, etc.), or through cards or letters.

We invite you to use these sharing opportunities to begin a process of deepening relationships. We hope you will be moved to undertake your own journey of transformation from the first Sunday of Advent through Epiphany, moving from sharing with those you know well towards choosing to reach out to someone new, whether near or far. For the first week, you might seek out someone you know well and with whom you are comfortable. As we move through all six weeks, we invite you to expand your circle of sharing.

Consider seeking out someone:

- from your own or another vice/province whom you don't know well but feel some connection with;
- you'd love to reconnect with;
- you've been meaning to talk with, write to, or visit;
- from another Vice/Province you don't know yet, but have wanted to meet—or, if you don't know anyone from another Vice/Province
 - Ask someone from your own region to recommend a person.
 - Use the “[Members Only](#)” section of the Congregational website (csjcarondelet.org) to access the [directories](#) for each vice/province to find someone to contact from another region. If you feel especially adventurous, look for someone who shares your first or last name, ministry, birthday, or year of profession. A list of all birthdays can be found on the “[Celebrations](#)” page.