

Living well through Advent

Week Three

Tuesday 13 December 2022

Saying Yes

*Be present to the possibility of joy. ...
For God is good and present and
doing more than we can imagine.*

Amy McCreath

In the story from Sunday's reflection, when Amy McCreath's friend Paul came and said, "Let's go!" she had several choices of how she could have responded. She could have said, "No, can't you see how busy I am?" Or, "This is just not the right time for this." She also could have responded with, "Yes, but I can only be gone for an hour." Or, "Yes, but I can't leave until I get more work done." Instead, she chose, "Yes, let's go!" and off Amy and her two friends went for a day of simple laughter and joy.

Amy's story speaks to us of the stress we frequently place on ourselves this time of year as we get so busy making plans of all sorts. We find ourselves thinking that once all our plans work out, we will then be able to stop and enjoy ourselves. It is often, however, at just that moment that God comes along and invites us to let go of our plans and choose instead to experience joy in this present moment. Perhaps occasionally we will be able to say "Yes!" and when we do, we may experience profound gratitude. Too often, though, we say, "Not now," or "Yes, but..."

Planning can be essential during the holidays. But, we all know the saying, "Too much of a good thing ..." To paraphrase the scripture from Ecclesiastes 3, there is a time to plan, and a time (yes even during Advent) to spontaneously let go of those plans, and to say "Yes!" to God's invitation to cultivate both simplicity and joy right here and now in the present moment.

Let us reflect on the following questions:

- ◆ What might God be inviting you to spontaneously say "Yes" to right now?
- ◆ Are you aware of times when you are seemingly saying "Yes" to God, but often making it a "Yes, but ..."?
- ◆ Are the holidays this year offering you a chance to say "Yes" to a different plan than perhaps you originally had in mind?

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