

Do not be afraid

30 NOVEMBER 2025

# SUNDAY *Plus*

1st Sunday of Advent **Divine Office Week I** Year A

## Accept me

Jesus, I dare to ask you one thing: speak to me about your mother...

"Do you want to become heaven? Do as my mother did: accept me to dwell with you.

Do you want to become God's tent? Accept me within you, as my mother did.

Here is the summary of the whole plan of salvation; here is God's secret; here is the sign of his infinite mercy; here is the greatness of the human vocation. To be God's dwelling place yourselves, to live in union with the eternal, to make heaven in man, to make the kingdom of the Creator out of a creature.

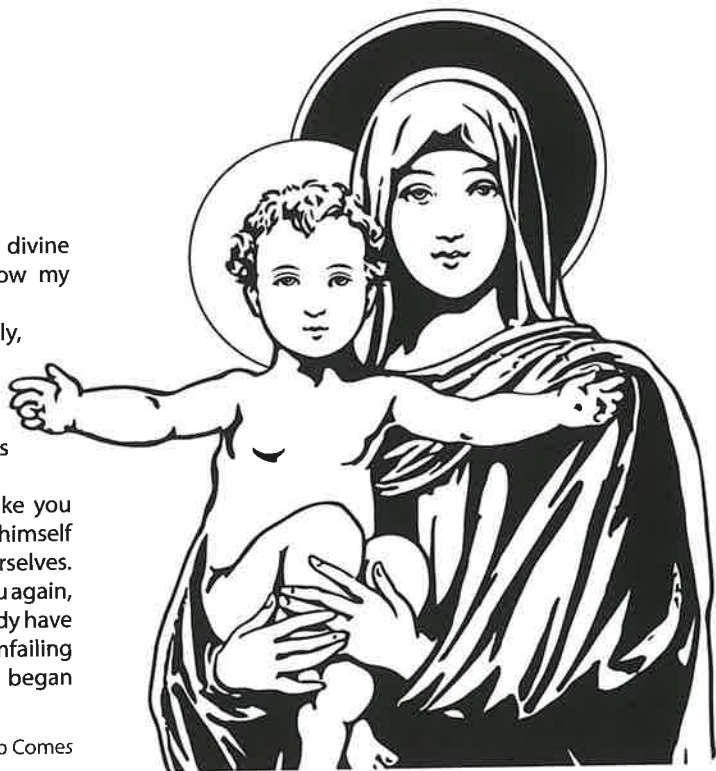
My mother is the origin of all this; she inaugurated this divine reality in her flesh.

Whoever wants to enter this divine reality must follow her. That is how my mother is your mother.

Accept her and you will be holy, because holiness is nothing more than God dwelling within you and the conscious acceptance of being the dwelling place of God. That is what my mother did fully...

Nothing will ever be able to make you afraid again, since you carry God himself and his omnipotence within yourselves. Nothing will ever be able to upset you again, since, being God's heaven, you already have the Kingdom within yourselves, unfailing and eternal, established since time began and forever by my father."

*Carlo Carretto, The God Who Comes*



The Church must face the challenges posed by the times...  
St Augustine reminds of this when he said, "Let us live well, and the times will be good. We are the times".

*Pope Leo*


## Jesus is coming

Look up, you whose gaze is fixed on this earth, who are spellbound by the little events and changes on the face of the earth. Look up to these words, you who have turned away from heaven disappointed. Look up, you whose eyes are heavy with tears and who are heavy and who are crying over the fact that the earth has gracelessly torn us away. Look up, you who, burdened with guilt, cannot lift your eyes. Look up,

your redemption is drawing near. something different from what you see daily will happen. Just be aware, be watchful, wait just another short moment. Wait and something quite new will break over you: God will come...

As long as there are people, Christ will walk the earth as your neighbour, as the one through whom God calls you, speaks to you, makes demands on you. That is the great seriousness and great blessedness of the Advent message.

*Dietrich Bonhoeffer,  
God is in the Manger*

Loving Lord, sometimes I'm more afraid of the silly little things than the big ones which I can take in my stride. Why is that? Only you know the answer. Help me to feel confident, knowing because you are beside me, giving encouragement.  Amen.

## Jubilee 2025: Pilgrims of Hope Sowers of hope

Hope is not an empty word, or a vague desire of ours that things may turn out for the best; hope is a certainty, because it is founded on God's fidelity to his promises... It is not a passive virtue, which merely waits for things to happen. It is a supremely active virtue that helps make them happen. Someone who fought for the liberation of the poor wrote these words: "The Holy Spirit is at the origin of the cry of the poor. He is the strength given to those who have no strength. He leads the struggle for the emancipation and full realisation of the people of the oppressed". The Christian cannot be satisfied with having hope; he or she must also radiate hope, be a sower of hope. It is the most beautiful gift that the Church can give to all of humanity, especially at times in which everything seems to be dragging down the sails.

*Pope Francis, General Audience, 11 December 2024*

## READINGS

**Today:**  
Isaiah 2:1-5  
Romans 13:11-14  
Matthew 24:37-44

**Monday:**  
Romans 10:9-18  
Matthew 4:18-22

**Scotland (Solemnity)**  
Wisdom 3:1-9  
Romans 10:9-18  
Matthew 4:18-22

**Tuesday:**  
Isaiah 11:1-10  
Luke 10:21-24

**Wednesday:**  
Isaiah 25:6-10  
Matthew 15:29-37

**Thursday:**  
Isaiah 26:1-6  
Matthew 7:21. 24-27

**Friday:**  
Isaiah 29:17-24  
Matthew 9:27-31

**Saturday:**  
Isaiah 30:19-21. 23-26  
Matthew 9:35 - 10:1. 6-8

**Next Sunday:**  
Isaiah 11:1-10  
Romans 15:4-9  
Matthew 3:1-12

