

This Sunday we celebrate the third Sunday of Advent. It is sometimes called Gaudete Sunday.

‘Gaudete’ [Gow-day-tay] is a latin word meaning ‘Rejoice’. It comes from the entrance antiphon or chant that begins the Mass on this particular Sunday:

***“Rejoice in the Lord always: again I say, rejoice.
Indeed, the Lord is near.”***

Don’t turn Advent into a second Lent. Yes, it is a time of preparation for the coming of Christ. Yes, an examination of conscience and review of our recent life is good too. But this is a season of joyful hope and expectation. A promise has been made to us – soon to be fulfilled – Jesus Christ coming with power to change our lives

St Paul, in the second reading (*1 Thessalonians 5:16-24*) gives us a great checklist for our Advent observance:

Be happy
Pray constantly
Give thanks for all things
Never suppress the Spirit
Think before you do anything
Hold on to what is good
Avoid every form of evil

And again I say – Be happy – Rejoice – The Lord is near.