



Advent Reflection

Day #11

Wednesday, December 9

Isaiah 40:25-31; Matthew 11:28-30

As I ponder the readings for today, “for my yoke is easy, and my burden light” gave me pause. How many times in my life have I felt the opposite – my burden felt heavy?

One particular time especially stands out.

My husband and I own a company and for along time had a family member who helped manage and run it. We came to disagreements on the future of the organization and he left. Not only was the company left in disarray, the employees were confused why he had left, as well as the extended family taking sides.

As so often happens, when others do not know the history and details of an issue, they form their own conclusions. This person was a sibling of my husband whom he had always had a close relationship for much of their life, which had fractured over the preceding four or five years. Both sides kept this widening divide between themselves, and so came as a surprise for many. For months, my yoke felt hard and the burden heavy to help my husband get the ship righted and the company on tract and relationships mended.

As we so often do in our trying times, I looked to God to fix the problems and became impatient when it seemed he was not listening. My prayers consisted only of pleas to “get everyone over it” or “make others see the truth”. I was demanding and often angry when talking to God. I felt that we did not “deserve” this stress. Only when I finally began to look just at him for comfort and not answers did it seem to lighten the load.

Using both daily scripture calendars and sometimes-just opening the bible and turning to a random Gospel or letters passage in the morning was very helpful. I was often amazed that the passage I landed on was exactly what I needed to hear that day.

By then spending some time in quiet reflection and feeling that Jesus was with me, it helped deal with the daily chaos of that time.

Reflection by Holy Name Cathedral Parishioner Lisa Mettler