



# Advent Reflection

**Day #14**

**Saturday, December 12 Feast of Our Lady of Guadalupe**

Zechariah 2:14-17 or Revelation 11:9a, 12:1-6a, 10ab; Luke 1:26-38

Happiness is a powerful state of existence that presents itself to us in many ways. In its physical form it can cause the sensation of a "rush" in our brain, butterflies in our stomach, fluttering in our heart, a "flushed" feeling in our cheeks, dilated pupils, breathlessness in our lungs, and wide smiles on our face. In its emotional form, it can evoke feelings of joy, anticipation, serenity, and peacefulness.

As these verses describe, Mary was bursting with excitement and could not wait to tell her cousin Elizabeth about the good news of her pregnancy with our Lord. She wanted to share her happiness with the person in her life that she had the closest connection.

When I decided to propose to my wife, I too was bursting with happiness. I also could not wait to show my future mother-in-law the ring I picked out for her daughter, or to ask for her approval of the marriage.

I bought the ring in November, but wanted to wait until Christmas to propose. I also wanted to do it in front of my wife's family. It was all incredibly exciting for me to pick out the ring, bring it home, and keep everything hidden from my future wife. I was so nervous during that time that I could hardly contain myself. After I proposed, (and she said yes) I felt such a calming, joyous, hopeful sensation.

As you finish reading today's reflection, take a moment to remember a time in your life when you received good news. What was the good news? How did you feel when you received it? Whom did you share it with first? What was their reaction?

Close your eyes and say a prayer of thanks and gratitude to Our Lady of Guadalupe for sending that good news your way.

*Reflection by Holy Name Cathedral Parishioner Toby Gussman*