

Third Tuesday of Advent, December 14 Zep 3:1-2, 9-13; Mt 21:28-32

Focus on Faith

A major tech company commissioned a study a few years ago, which suggested adults' attention spans have fallen in recent years, to less than that of a goldfish.

While this certainly doesn't apply to everyone, for most of us the technological benefits we need and enjoy, have come with a steep cost - focus. Especially during this sacred season when we are waiting for Christ's second coming, and the coming Christmas season, lots of festive fuss and too many notifications surround us. It is easy to lose our way.

The readings today speak to changing our priorities to focus on what is truly important, as well as Jesus' call to recognize the ways we all have disappointed God. They speak to me of hope, but also a need to draw my attention more closely to the light of God's love. How might we open a space for that to happen?

Enter St. John of the Cross- the 16th century Carmelite mystic, poet and priest-theologian. This Doctor of the Church has been called the doctor of distraction. Today is his Memorial and so it seems fitting to seek the guidance of his thought as medicine for what ails us.

When he was in very difficult circumstances and confined by his own brethren; he was inspired to compose some of the most mystically beautiful poetry. He found the space for the entrance of Divine grace and artistic beauty, through prayer and his writing. He said it gave him a sense of spiritual exuberance.

Such excitement is contagious, may we use it to stand in community and focus on faith this Advent Season in the love and peace of Christ.

Mary Piantek