

## What gifts does the world need?

### PREPARING FOR ADVENT

#### ***Give the gift of an expanded heart***

An expanded heart – I resonate with that phrase and what it implies: a sense of something bigger than ourselves, a wide embrace of another, room enough within one's self to extend a welcome without regard for colour, class or creed. An expanded heart is going to be my motivation during this Advent season as I renew my desire to welcome Christ in every person. I hope my heart can grow wide enough to be hospitable, open enough to accept those different from me, generous enough to do what it takes to be kind, and large enough to spontaneously extend compassion (Joyce Rupp: Return to the Root. 2021. 218).

Where  
can you give the  
gift of an expanded  
heart in this Advent  
season?  
How can an expanded  
heart make it onto your  
Christmas giving  
list?

### Prayer to guide us through Advent

**Holy One, Essence of Kindness,  
each day of this Advent Season  
guide us to your love through  
messages of hope,  
easy smiles, opened doors,  
unexpected generosity,  
words of understanding,  
forgiving hearts and other  
signs of human kindness.  
Help us to recognise  
your dwelling amongst us**

(Joyce Rupp: Return to the Root.  
2021. 225: adapted).

***Human beings are so made that they cannot live, develop and find fulfilment except in the sincere gift of self to others.  
Nor can they fully know themselves apart from an encounter with other persons ... no one can experience the  
true beauty of life without relating to others, without having real faces to love (Fratelli Tutti. 2020. #87).***