



**Where and how do we meet God in our everyday busy lives?  
How can our prayer this Advent include all we feel and all we hold in this time of pandemic.  
We'll explore how grace (God) touches us  
primarily through our bodies and our feelings, not just through our minds.  
This is what the incarnation is all about!**

**Song:** Every breath is yours, beloved  
Every breath is yours  
Every breath is yours, beloved  
Every breath is yours I give myself to you, beloved

The self that I thought I was  
I give myself to you, beloved  
The self that was mystified and lost  
Every breath is yours, beloved

Every breath is yours  
Every breath is yours, beloved  
Every breath is yours

Who is it moves in me, beloved?  
Whose hands and feet are these?  
Who is it moves in me, beloved?  
Whose heart beats? who breathes?

Songwriter: Michael Scott, The Waterboys, Album: Universal Hall

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When Christians hear the word incarnation, most think about the birth of Jesus, who personally demonstrated God's radical unity with humanity. But the first incarnation was the moment described in Genesis when God joined in unity with the physical universe and became the light inside of everything. The Incarnation is the fundamental pattern for all creation. We live within, and are ourselves a party to this ongoing incarnation—people, pets, and poppy seeds alike. Nothing lacks the divine impress. In this worldview, "a mature Christian sees Christ in everything and everyone."

Ordinary matter is the hiding place for Spirit, and thus the very body of God. An incarnational worldview is the profound recognition of the presence of the divine in, literally, everything and everyone.

—Richard Rohr, Universal Christ



#### Advent Practices

Sense the light in your own heart ...

To find the depth dimension in ourselves, we are invited this Advent to listen for the meaning, the energy felt and sensed in our own bodies. We will discover and inner knowing, an embodied sense that can guide us into the future.