



THE DIOCESE OF ROCKVILLE CENTRE  
**Office of Human Life,  
Family and Bioethics**



**The Season of Advent**

**A Time of Anticipation...Hope...Joy... and Life**

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The liturgical season of Advent is upon us. It is a beautiful time of Anticipation...Hope...Joy...and yes...Life. It is during this season that we must spend some quality time to meditate upon the three comings of Christ...the Incarnation...the Second Coming....and the Present Coming.

And...it is all about LIFE!....The God who gives life.

As we all now begin to spend some time meditating on the nativity of our Lord...the Incarnation and the birth of the child Jesus in Bethlehem, it is really the “gift of life” that stands out foremost in our hearts and minds.

As I took some time to meditate on the nativity of our Lord, and the Bethlehem story, what came to mind immediately for me was the thought of all young couples, especially the young moms, that are anticipating the birth of child; be it a first pregnancy, the second or maybe even a third. Regardless of the fact, the intense joy that accompanies such a blessed event is always the same, but there is always a little bit of trepidation that accompanies the time of waiting as well.

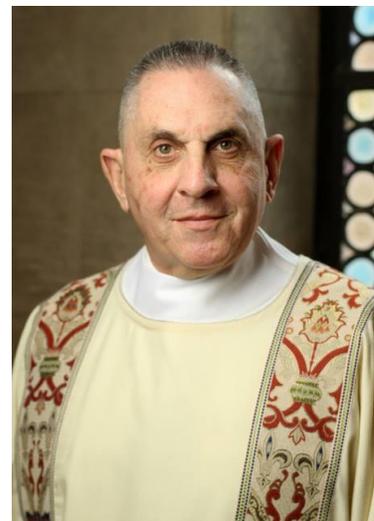
Thoughts of a young mom and dad, “Will all be ok?”

Well...it is in the scriptures where such expectant couples can find relief and hope during this time of anticipation. It is to be found in the Infancy Narrative of the Gospel of Luke, the annunciation by the angel Gabriel to the Virgin Mary that fosters that hope and trust:

“The Lord is with you.” (Lk 1:28) “Do not be afraid Mary, for you have found favor with God.” (Lk 1:30)

Yes...in the midst of waiting and the anticipation of what the future holds, a couple must trust, hope and believe that they have indeed “found favor with God”, and the child that the Lord has gifted them with is in the loving hands of our God.

So dear moms and dads...be encouraged and without hesitation...“Be not afraid”....just trust...and call on our Lord to send the Holy Spirit to comfort you in the time of your waiting, as you ask our Blessed Mother to place her veil over your budding womb, as you pick up your rosary



and pray the Joyful Mysteries of the first life that Mary anticipated, as this season of Advent and your pregnancy progresses in time.

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