

## A CHRISTMAS MESSAGE

At this time of the year children are extremely open to gifts.  
There is a special quality to their expectations that warms the heart.  
It is this childlike expectancy that we need to bring to the liturgy.

This kind of openness is the key to understanding  
the Christmas/Epiphany mystery and to receiving it.

**THE MESSAGE IS:** We belong to the universe and to the God who created it.

We belong to the God who is within us.

We belong to the human family in which God dwells and manifests.



The light and life of God are available in the measure of our increasing receptivity.

Each year that we celebrate this opening to the gifts of God, we open more.

(REAWAKENINGS by Thomas Keating)

Happy Christmas everyone.

Love and Sacred Blessings

Kathleen, Michele, Tom, Alan, Siobhan, Gerry, and Niamh.

Core Team of Contemplative Outreach Ireland.