

## Kathy's Corner – Advent Reflection

I was reading the meditation from Christ Church Cathedral this morning. It speaks of the wilderness. You may have experienced the years when families celebrated Christmas in a simple way. I was a kid in the 50s. The tree was big in our home. Holiday meals were with neighbours. I always hoped I would find a book under the tree. Lots of gifts were handmade. Many families attended church. Yes, it was a simpler time. In a way it was a wilderness - few commercials, just an Eaton's catalogue to fuel a child's imagination.



These days it is more difficult to find that wilderness place where I can sit in quiet, reflecting on Advent. But I do search it out. I remind myself that this quiet time is more important than the busyness of events and chores.

Take time to find your wilderness and focus on the reason for the season.

You will find hope, peace, love and joy!



# JOY