Recently a close friend was suddenly struck with a stroke. Overnight, she lost the use of one side of her body. It was a life changing moment not just for her but for her family who now have to see to all her needs. She had to adjust to physical, emotional, and cognitive changes and the need for medical care and rehabilitation.

Naturally, in the beginning, she was devastated, overwhelmed by her condition and questioned why God allowed this to happen to her. Had she not been faithful in her Catholic Life? Had she not served enough in the various ministries of the parish?

As time passed, she became resigned to her present reality. But day by day, with physical therapy and acupuncture, we saw progress in her recovery. The road ahead is still long and arduous. She may not recover fully but there is hope and patient waiting, trusting in God's love for her. As we accompany her on this journey, we too wait eagerly for the day when she will become independent again and be able to move around on her own.

As St Teresa of Avila prayed, "Let nothing disturb you. Let nothing frighten you. All things are passing. God is unchanging. Patience gains all. They who have God lack nothing. God alone is sufficient.

**The Advent call to "wait patiently" is not passive surrender; it is an active and hopeful engagement.** Watching my friend celebrate small steps of progress through therapy reflects how we must approach ecological and social healing. Every small act of care, restoration, and accompaniment matters, even when the road ahead remains long and full recovery seems uncertain.

**SCRIPTURE *of the* DAY**

**Isaiah 63: 16-17, 64: 1, 3-8**
**Psalm 79: 2-3, 15-16, 18-19**
**1 Corinthians 1: 3-9**
**Mark 13: 33-37**

*"The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations."*

***Saint John Paul II***

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# NEWBEC

NEW WAY OF BEING CHURCH | 1st Sunday of Advent | 29 Nov 2026

**WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH**

*A People for Missionary Discipleship*

MONTHLY FOCUS: **ECOLOGY: The Cry Of The Earth Is The Cry Of The Poor**



# Patience as Active Hope

We begin our Advent journey by reflecting on the virtue of patience. Though the theme of watchfulness is replayed this Sunday, however, the accent is on waiting patiently. *(Extract from the Homilies of a Jesuit dated 28 November 2020)*