

LOVE LIFE LIVE ADVENT MAKE ROOM FOR THE MANGER

ACTION SUPPORT: FAVOURITE CHRISTMAS CAROLS

Carols are everywhere this time of year – on the radio, as background music in shops, as well as in church. The words to many of them are very familiar – they may be so familiar that we hardly pay attention to them, or there may be words or phrases in them that always send a shiver down the spine.

Here are some ideas for what you can do with those lines that mean most to you:

- Add a quotation from a Christmas carol to your greetings in the Christmas cards you write, as a gentle way of sharing what Christmas means to you with friends who may not share your faith in God.
- Use a quotation from a Christmas carol as a screensaver, so that your computer gives you a seasonal pause for thought.



A Personal Meditation

As you listen to your carol, or as you read the words or sing it, let your mind be open to the images and feelings that it evokes. If you know the words well, you might like to close your eyes and allow yourself to enter completely into the words and what is being described.

- Is it cold? Dark? Or warm and safe? Are you outdoors or indoors?
- What can you smell, or hear? What is the ground beneath your feet like? Is it the grass of a hillside, the earth and straw of a stable?
- Are you excited, or frightened? Full of awe, or full of joy?
- Who is there with you? Angels? Shepherds? Just the baby Jesus?
- Is this carol about something right in front of you, that you could reach out and touch, or do you get the sense of a vast horizon, infinite space and time?

Spend a moment quietly experiencing all of this. If there are any images or words that you realise you don't understand, take the opportunity to find out what they mean.