

## Solemnity of the Nativity of the Lord

The readings and especially the gospel remind us of our need to be thankful to the Trinity, for the many blessings They have bestowed on us, such as our health, our families and friends, our lives; and most importantly, Their greatest gift, our redemption through which we have eternal life with Them in heaven, as adopted daughters and sons of the Father, and as adopted brothers and sisters of Christ. We also need to be very thankful for the gift of the Trinity's mercy, compassion, and forgiveness for all the times we have sinned, thereby, breaking or weakening our adopted familial bond with the Trinity. We should also be thankful for the sacraments, especially Confession and the Eucharist. Through Confession, our weakened and broken bond of familial adoption, is healed and restored through the Trinity's mercy, compassion, and forgiveness. Through each and every participation in the Eucharist, we strengthen the bond of familial adoption given us in Baptism. Also, more importantly, through our participation in Eucharist, we celebrate the Trinity's greatest gift to us; Christ's redemption of us, through His Paschal Mystery, through our unbloody participation in His Passion, Death, and Resurrection.

Will we give the Trinity the same praise and adoration the shepherds did on that first Christmas; or will our hearts, minds, and wills be turned to secular pursuits? Just as the Blessed Virgin Mary pondered these things in her heart, will we ponder this greatest of all possible gifts given to us; or will our hearts, minds and will be pondering, desiring worldly desires, pleasures, and pursuits?

During the short meditation time after the homily, will we silently express our thankfulness, gratitude, for the Trinity's greatest gift, our redemption, thereby, allowing the Their graces to begin to move our heart, mind and will to giving the Trinity the praise and adoration that is rightfully Theirs, so we can begin experiencing a blessed, joyous, and peaceful Christmas season, so as to help us become an Easter people; to become the Trinity's adopted Easter family; to be intimate, loving adopted daughters and sons of the Father; and to be intimate, loving adopted brothers and sisters of Christ; who are transformed by the Holy Spirit's Fruits and Gifts.

While we are waiting to receive our Lord & Savior at communion, will we spend a moment or two to thank the Trinity for Their greatest gift, our redemption through Christ's Passion, Death and Resurrection; or will our heart, mind and will be desiring, thinking of lesser gifts we have received this year, and other activities and things we are planning to do?

After we have consumed our Lord and Savior, we are given quiet time for prayer and meditation the Trinity desire us to have, so as to be completely open to the graces we have received so we can give the Trinity the praise and adoration due Them for Their gift of our redemption; for the gift of eternal life with Them. Listen to this portion of the General Instruction of the Roman Missal (GIRM para 45) which echoes the Trinity's desire for us, to have time to quietly pray and meditate during the Mass:

“Sacred silence also, as part of the celebration, is to be observed at the designated times. Its nature, however, depends on the moment when it occurs in the different parts of the celebration. For in the Penitential Act and again after the invitation to pray, individuals recollect themselves; whereas after a reading or after the Homily, all meditate briefly on what they have heard; then after Communion, they praise God in their hearts and pray to him.”

During the quiet meditation time given us right after communion, will we spend some of that time in prayerful contrition and repentance for our sins so we can grow in thankfulness to the Trinity for Their limitless mercy, compassion and forgiveness of our sins? And most importantly, will we spend time praising and thanking the Trinity for Their greatest gift, our redemption, which allows us to become adopted members of the Trinity's family? Or will our hearts, minds and will be spending that time de-

siring and thinking of secular activities and things?

After the Mass, and during the day, will we try to find some time to pray to the Trinity for the graces we need to praise and thank the Trinity for Their greatest gift, our redemption, which allows us to become adopted members of the Trinity's family; so we can have the blessed, joyful and peaceful Christmas season the Trinity desire us to have?

Before we continue on with the Mass, let us ask the Father to send the Holy Spirit now, and especially when we consume our Lord in the Eucharist; so we can be open to the Trinity's graces; in order to reject secular culture's values, ideas, and approach to life; so as to praise and thank the Trinity for Their greatest gift, our redemption.