

# Heart ♥ to ♥ Heart

Angela Merici

Living Legacy

Vol. 7, No. 21

Fourth Week of Advent 2022

## Fourth Week of Advent

*1<sup>st</sup> Reading: Isaiah 7:10-14*

*Responsorial Psalm: Psalm 24*

*2<sup>nd</sup> Reading: Romans 1:1-7*

*Gospel: Matthew 1:18-24*



*M*y Advent reflection focuses more on perspective in one's own life. Realizing that no matter how dark, unfair or negative we view our own lives, in most cases more often than not, someone else inevitably has it worse. Allowing ourselves the opportunity to take time out and to reflect on how good we have it (even the simplest of blessings), the more apt we are to reach out to those who are suffering and in a more challenging position than ourselves. I believe that focusing outward towards others centers and matures us in ways unrealized.

—Thomas Trunkle  
Great Falls, MT

