Vox Populi

25 November 2026

This Sunday, 29 November, begins the start of one of the most sacred seasons in our liturgical calendar: Advent.

Advent arrives at one of the busiest times of the year but in the midst of that, it provides a striking invitation to slow down and enter more deeply into the mystery of God.

Last year, Pope Leo XIV issued the call to pause during the time of Advent, urging people not to get lost in the frenetic energy of the Season.

“Let us be careful not to get caught up in frenetic activity in preparing for the feast, which would lead us to experience it in a superficial way and leave room for disappointment,” he explained.

“Instead, let us take the time to make our hearts attentive and vigilant as we await Jesus, so that His loving presence may become the treasure of our lives and hearts forever.”

This Sunday’s Gospel is particularly pertinent to this message.

In it, Jesus tells his disciples to beware and keep alert, looking forward to His coming again in glory. He urges them not to be spiritually asleep or passively wait, but to open their hands and hearts with a watchful spirit.

We should not neglect the spiritual fruits of the Season of Advent, or be spiritually asleep, while we get caught up in the frenetic end of the year. Rather, we should open our hearts to Christ and prepare to joyfully celebrate his Nativity.

While Lent is often a Season where it is much easier for us to slow down and enter into a time of preparation, it can often prove a harder challenge during the Season of Advent.

To help people enter more deeply into this time of preparation, the Diocese of Broken Bay has prepared an Advent Program booklet, to guide the faithful through the Season of Advent and provide an opportunity for reflection.

*The **2026 Advent Booklet: Hope: Come, Lord Jesus!** is available in parishes and at bbcatholic.org.au.*