

Advent is time for walking slowly when others are rushing, for travelling lightly when consumers are burdened with merchandise, for eating less when others are eating more, for focus inwards when merrymakers drone in noisy carousing.

Preoccupied with gift lists, Christmas cards and party planning, we allow Advent, this quiet season, to become the most frenetic time of the year.

Without Advent, it is difficult to find the Christmas Christ. When dazzled by tinsel, we cannot see the star, let alone follow it.

When speeding through the countdown before Christmas Day, we bypass the stable, and when our ears fill with jingles about Frosty and Rudolph, we miss the sweet strains of the angel's song.

Mitch Finley