

# Advent: 10th December - How?

$$\Delta x \Delta p \geq \frac{\hbar}{2}$$

Heisenberg, Uncertainty Principle

## Opening prayer

I rejoice with Mary and Joseph,  
I worship with the shepherds,  
I sing with the angels,  
I offer my gifts with the wise men.  
I receive the living Lord.

## The story continues...

Mary said to the angel, "But how? I've never slept with a man." The angel answered,

The Holy Spirit will come upon you,  
the power of the Highest hover over you;  
Therefore, the child you bring to birth  
will be called Holy, Son of God. (Luke 1:34-35)

## Silence and Imaginative exercise

'How?' The question frequently in the back of our minds, even on our tongues. How will we manage? How will this pan out? How am I looking? How can this be true? How can this be God? I guess there are questions and there are questions. I wonder how many of ours are actually conditions, if answered appropriately, to my satisfaction, then I might yield or act.

Sit in silence for 10 minutes, notice any flickers of response to the story and questions.

## Closing Blessing

May Christ Jesus look into your face with love,  
God the Creator spring to life within your being  
and the Holy Spirit be found in sacred places around you.