



# Invited

MONTHLY  
REFLECTION  
**DECEMBER**

**This month we reflect on some of the characteristics of Jesus as we prepare to celebrate his birth at Christmas.**

There are two phrases worth focussing as we prepare for Christ's coming, 'the light shines in the darkness' and 'full of grace and truth'

This past couple of years have been difficult, the circumstances we have all lived through have brought out the best and the worst in humanity. Sometimes it is easy to be overcome by the struggles and cares of the world. It is easy to feel despondent when we know about this great gift of faith and yet we see how others determination to be independent of God can cause so many issues. It can feel like a world of darkness.

But Jesus is the light that shines in the darkness, and John goes on to tell us why – it is because he is full of grace and truth. Grace without truth is empty, and truth without grace can be downright mean! Jesus perfectly embodies both. And in order to bring his light into the world, we must try to emulate him.

- **What do you think of when you reflect on God's grace? His mercy? His love? His ability to always be there for you no matter what you do?**
- **Spend a moment welcoming God's grace into your life.**
- **What do you think of when you reflect on God's truth? A judgemental God who only wants us to mindlessly follow rules? Or (hopefully) a loving father who speaks truth to our hearts even when perhaps we don't want to hear it because it for our own good?**
- **Is there a truth that God is trying to reveal to you?**
- **Take a moment to think about how you might share God's grace and truth this advent/Christmas season.**



## Gospel Reading

**John 1:1-5, 14**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

To join our Invited Mission or receive these emails and future Invited news directly to your inbox, please contact our team;

**E:** [invited@abdiocese.org.uk](mailto:invited@abdiocese.org.uk)

[www.abdiocese.org.uk](http://www.abdiocese.org.uk)



# Invited



You can find out more about our Invited Five Year Mission on our website:

W: [www.abdiocese.org.uk/invited](http://www.abdiocese.org.uk/invited)

If you have questions about the Mission please contact our team;

E: [invited@abdiocese.org.uk](mailto:invited@abdiocese.org.uk)

[www.abdiocese.org.uk](http://www.abdiocese.org.uk)

Arundel & Brighton Diocesan Trust | Registered Charity No 252878

## Autumn's Invited Films: A brief guide Part 1 – A Deeper Dive into the themes of Season One

### God's Love as revealed through the Old Testament

Rev. Dr Anthony Milner is parish priest at St Theresa of Lisieux, Southwick and St George's, Hove, and a former theology tutor at the Venerable English College in Rome. Fr Tony guides us through parts of the Old Testament as he explores God's eternal love for us.

### Theology of Human Brokenness

Dr Pia Matthews is a senior lecturer at St Mary's University in Twickenham, and was appointed an expert to the XIV Ordinary General Assembly Synod of Bishops in 2015. Pia talks to us about how, in a Christian context, human brokenness is always spoken of in the same breath as hope.

### Salvation – How Jesus Saves Us Through His Cross

Fr Stephen Dingley is the parish priest of Our Lady of Sorrows and Church of the Holy Spirit, Fetcham, and former Professor of Theology at St John's Seminary in Womersley. Fr Stephen explores different theories of salvation, helping us to understand more fully exactly what Jesus has done for us.

## Part 2 – How to....

### Prayer

Rt Rev. Dom Fr Stephen Ortiger OSB is a Monk of Worth Abbey, Episcopal Vicar for Religious in the Diocese and currently Priest in Residence at the parish of Our Lady, Star of the Sea in East Preston. Fr Stephen gently instructs and encourages us in how to establish a routine of prayer in our lives of faith.

### Scripture

Fleur Dorrell is Catholic Scripture Engagement Manager for the Catholic Bishops' Conference of England and Wales and Bible Society. She's the national co-ordinator of the 'God who Speaks Campaign', a writer and an applied theologian. Fleur explores how we can develop a way of accessing scripture, and grow in love for the Word of God.