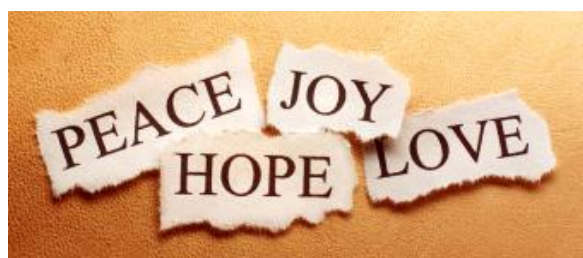
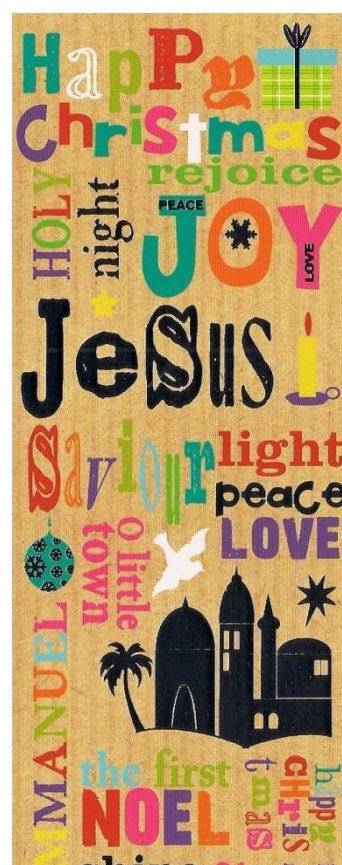


## WARNING.....WARNING: ADVENT VIRUS

Be on the alert for symptoms of inner **Hope, Peace, Joy and Love**. The hearts of a great many have already been exposed to this virus and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

### Some signs and symptoms of The Advent Virus:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.



Lord, may we bring **Hope, Peace, Joy and Love** into the lives of those around us this Advent and Christmas season. Help us to be active in promoting a spirit of goodwill and generosity and not give in to despair and hopelessness.