

## O Breath of God

Sisters of the Monastery of Mount St. Scholastica | Dec. 16, 2014 Spiritual Reflections  
Advent 2014

### **O Breath of God, breathe your energy and love into us and upon our earth.**

Amidst the hustle and bustle of this season, we find that we need to take some deep breaths. Breathe in the air we so often take for granted. Breathe out all that is selfish, fearful and negative. Breathe in the generosity and affirmation that is expressed in so many ways. Breathe out hatred, lies and hopelessness. Breathe in rhythm with all of creation as the earth lays fallow and quiet. Breathe in the mystery of God becoming human. Is that not breathtaking?

-- Sr. Mary Elizabeth Schweiger

[The Monastery of Mount St. Scholastica in Atchison, Kan., is home to 140 Benedictine sisters whose presence has been in the Kansas-Missouri area for the last 150 years. While primarily engaged in education, the sisters also sponsor the Keeler Women's Center; Sophia Center, which houses their spirituality programs; and Maur Hill-Mount Academy and Benedictine College, which they co-sponsor with St. Benedict's Abbey.]

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