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O Rising Sun

by Sisters of the Monastery of Mount St. Scholastica

Spiritual Reflections

Advent 2014

O Rising Sun, send your healing rays of love into our lives.

I never cease to be amazed at what a night's rest can do for a troubled heart. After a day disrupted by a misunderstanding with a family member, a disagreement with a friend, or bad news at work, all can look new and full of hope in the bright pinks and deep blues of the Advent morning sky. May we open our eyes to the gift of each new day, to look with awe and wonder at the sunrise and allow God's healing to touch our lives and the lives of all we love.

-- Sr. Linda Herndon

[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.]

Editor's note: Enjoying the antiphons? Sign up for our Spiritual Reflections email alert to receive Scripture

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