

Published on *National Catholic Reporter* (<https://www.ncronline.org>)

December 24, 2014 at 6:00am

O God of Humor

by Sisters of the Monastery of Mount St. Scholastica

Spiritual Reflections

Advent 2014

O God of Humor, enable us to laugh at your mischievous plans.

Life can become very serious during these cold winter months, and our hearts can become heavy and burdened with responsibilities, decisions and trying to keep everyone happy. Let us look for the funny things that happen, the unexpected surprise that catches us off-guard, along with the incongruences that we encounter. Smile, snicker, giggle, give a belly laugh, and spontaneously guffaw. You will be amazed at how God works through laughter.

-- 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.]

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

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