

In the beginning was the Word...

An Advent & Christmas Course from the Diocese of Aberdeen & Orkney



Laughter

Thursday 21st December 2023



Photo by Benigno Hoyuela on Unsplash

Scripture: Ephesians 2: 19-22

¹⁹ So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, ²⁰ built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. ²¹ In him the whole structure is joined together and grows into a holy temple in the Lord; ²² in whom you also are built together spiritually^[b] into a dwelling-place for God.

To reflect:

Laughter is the spontaneous sound and movement of the face and body that are instinctive expressions of lively amusement or sometimes of derision. Today's word for reflection come from Sunday's Psalm (126"1-2) "When the LORD restored the fortunes of Zion, then were we like those who dream. Then was our mouth filled with laughter, and our tongue with shouts of joy."

You can imagine that John the Baptist's Father, Zechariah may have laughed at the news of his son's impending birth. In Genesis Sarah laughs in disbelief when she hears she will bear a child in her advanced years.

Laughter can be an expression of joy, one Advent candle theme for this week. In this week where we reflect on walking through Advent with joy what are the things that make you laugh and take some to thank God for these things that bring joy to your life.

Today's Antiphon

O Oriens: O Morning Star O radiance of the everlasting Light, O sun of righteousness: Come, shed your light on those who dwell in darkness and the shadow of death.

God of Grace and God of Laughter *hymn words by Carl P. Daw Jr. (Hope Publishing)*

God of grace and God of laughter,
singing worlds from nought to be--
sun and stars and all thereafter
joined in cosmic harmony:
give us songs of joy and wonder,
music making hearts rejoice;
let our praises swell like thunder,
echoing our Maker's voice.

When our lives are torn by sadness,
heal our wounds with tuneful balm;
when all seems discordant madness,
help us find a measured calm.
Steady us with music's anchor
when the storms of life increase:
in the midst of hurt and rancor,
make us instruments of peace.

Turn our sighing into singing,
music born of hope restored:
set our souls and voices ringing,
tune our hearts in true accord:
till we form a mighty chorus
joining angel-choirs above,
with all those who went before us,
in eternal hymns of love.

To listen

O Oriens by Melissa Dunphy, one version is by The Chapel Choirs of Pembroke College, Cambridge

<https://open.spotify.com/track/2W0fLmP3gdvWTs4TuoewtY?si=d1db15cf4c52455c>

God has made laughter, laughter for me by Kathy Wonson Eddy, one version is by Chorus Pro Musica <https://open.spotify.com/track/2u2yvsNGxgclGmvIygZrSe?si=ef2db9ecfd174a5a>

The word for each day (3-25 December is taken from Advent Word 2023 #adventword).

...and the Word was with God, and the Word was God.