

A WEARY WORLD: Introduction

BY KATHY ESCOBAR

Cory and I are always looking for resources to share in the areas of spiritual and mental health. When I read this book and passed it on to Cory, we decided to share some of the author's key points and reflect on how the content is so relevant to Christmas 2020. As with any book study, we are not saying we agree or disagree with everything the author writes, but Kathy Escobar openly and honestly shares the pain she experienced when she lost her 19-year old son to suicide and how she struggled to make it through the holidays. I believe the best way to summarize the introduction to this book is from an excerpt that says, " Advent season is a magnifier for everyone, but in different ways. For some it magnifies the good, the happy, the joy. For others it can magnify the hard and the pain. This book isn't to magnify the pain or the happy and joy. It's about honoring our weary hearts in a weary world and traveling the road of Advent as honestly as we can on a quest for hope and strength." The author also begins by reflecting on the words from the well-known Christmas hymn "O Holy Night". Think about the words to this song that has been with us for ages- "A Thrill of Hope, the Weary World Rejoices." How relevant are those words as we have all experienced the pandemic of 2020 these past months? As we travel this road together I was particularly drawn to the author's final points of her introduction found in bold to the right:

Soul  Provider

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"Give our hearts permission to feel what they need to feel.

Open ourselves up to healing.

Listen for God's gentle whispers.

Take good care of ourselves.

Keep crawling toward the light together.

Let our weary souls feel a little less alone."