

March 25, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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NAME HIM EMMANUEL

Solemnity of the Annunciation of the Lord

By Sister Christine Hilliard, CSJ

Today's First Reading

The LORD spoke to Ahaz, saying: Ask for a sign from the LORD, your God; let it be deep as the nether world, or high as the sky! But Ahaz answered, "I will not ask! I will not tempt the LORD!" Then Isaiah said: Listen, O house of David! Is it not enough for you to weary people, must you also weary my God? Therefore the Lord himself will give you this sign: the virgin shall be with child, and bear a son, and shall name him Emmanuel, which means "God is with us!"

ISAIAH 7:10-14; 8:10

Reflection

About the Feast of the Annunciation: it is a Christian holiday commemorating the visit of the angel Gabriel to Mary of Nazareth announcing she would give

birth to Jesus Christ. The feast is celebrated on March 25 every year following equinox seasonal calculations. The equinoxes are the times of the year when the amount of daylight and nighttime hours are just about of equal length. The two equinoxes occur around March 20-21 [vernal or spring equinox] and September 22-23 [autumnal or fall equinox]. For several hundred years, beginning in the 12th century, March 25th was the official New Year's Day in many Christian countries. This coincides with the practice in several other countries and cultures, such as Iran, which still begin the year at the vernal equinox. The Feast of the Annunciation is recognized across many groups of Christianity, but it is especially celebrated in Catholic, Orthodox, Anglican, and Lutheran churches. Occurring in March, it invites attentiveness for signs of newly arrived spring.



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For Pondering

- What signs of new life have you noticed?
 - How has new life affected you?
 - What contribution do you make to new life?
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Closing Prayer

Dear God, I am both surprised and deeply grateful for the new life that you offer me and my world each day. You announce its reality and power in many ways alerting me to the energy it births in me. I call you Emmanuel, “God-with-us,” and join you by my participation in new life. May I live announcing your Holy Presence. Amen.

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