

# Christmas Contemplations



## *Sacred Pause for Advent* *Sandra Varley, Piano*

**Emmanuel: God with us. Maybe you're old enough to remember when we described being pregnant as "expecting". With pregnancy, we are indeed expecting a new life. We are hoping for a tiny perfect human who will bring joy and love into our lives. We know it will be good and we happily anticipate this new beginning among us. In the same way, we joyfully expect God's presence among us during Advent. We prepare for that new light and life that will come among us soon.**

This year, Christmas decorations and advertising blitzes flooded us two weeks before Thanksgiving. In this pressured, commercial frenzy, remembering the "reason for the season" can so easily be lost. In this musical Christmas Contemplation, an invitation is offered, and a pathway made, for taking a Sacred Pause to remember the loving presence for which we wait.

So, take a bit of time away often with these piano Christmas Contemplations. Move away from the busy external to-do's of this Holiday time, and contemplate the hopeful expectancy of Emmanuel—God with us. Indeed, God is with us, in us, and around us at all times. May this music be a way to experience that nearness, and to look forward with peace, hope, love, and joy to the continuing manifestation of that presence in our lives.

Enjoy these Christmas Favorites:

**I Wonder as I Wander  
Little Drummer Boy**

**What Wondrous Love is This  
Oh Come Little Children  
Angels We Have Heard on High  
Still, Still, Still**

**Carol of the Bells**

**The First Noel  
Lo, How a Rose E'er Blooming  
What Child is This**