



# MORE THAN ENOUGH

## Advent: I am Enough, and Together We are More than Enough

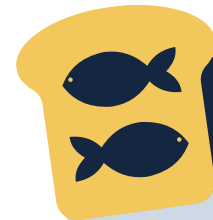
Just as much as the season reminds us to be vigilant to the subtle signs of Christ's light as we once again anticipate and revel in the remarkability of Christ's birth and his return in the Second Coming, Advent is also about preparation for impactful giving – giving back to ourselves as well as to our communities. It's about recognizing where there is potential for energy renewal and restoration in our lives, in a world where we are often asked to operate on overdrive. Renewal and sustainability go hand in hand; to use our giving-energy sustainably means employing our awareness to our fullness as individuals first. In doing so, we can identify our actual capacities to give.

The theme for this year is *more than enough*. It is difficult in today's world to look for evidence of renewal and rebirth among very real threats of scarcity, depletion, and other forms of *not enough-ness*. For many of us, it can be especially hard to find enough-ness within our own bodies. The Advent season provides a context for this search because even in the darkest of hours, hopefulness for the future can be cultivated and energized anew when we pay close attention to our needs and the needs of our community.

We are all exhausted and overwhelmed by this year's own set of yet more unprecedented circumstances. But I am constantly and lovingly reminded by one of my dearest friends that our boundaries are bountiful. To give more than what we have, to exist in of a state of depletion, does not yield a sense of *more than enough*. The miracle, however, is that if each of us can identify and act upon the bounds and limitations of how much we can give, we can show up better for ourselves and those around us, authentically and less harmfully. If we give from a place of our embodied fullness, we are honoring our full humanity. We can then sustainably grow our capacity to give back to ourselves, as well as our communities and the land that we occupy.

This is what sustainable stewardship means to me: Giving from a place of our *personal definition of plenty*. Whatever that plentifulness may look like from person to person, is bountiful. And in this way, together we can be more than enough to do the collective healing work that needs to be done. | [TENS.org](https://tens.org)

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### Questions For Reflection:

This Advent season is a beautiful time to turn our attention inwards and renew our commitments to tangible, impactful giving. What spiritual preparations and mindsets are necessary for you to practice sustainable giving and receiving, even beyond this season? What values and boundaries will you lovingly recommit to as you prepare for the year ahead?

