



Year C, December 29, 2024, First Sunday after Christmas

*"In the beginning was the Word, and **The Word became flesh** and made his dwelling among us." John 1: 1,2 and 14*

The prevalent focus of Christmas is that God became human to become the sacrifice for our spiritual condition of sin. It is also significant that God took on a body. Put together, God's redemptive plan

includes both soul/spirit and body.

The number of atoms in a single human body is roughly 10 octillion. Picture the number 10 with 28 zeros after it. The number of stars visible to unaided human vision, in clear air on a moonless night is about a few thousand. 10 octillion...is about a million times (more than) the number of stars in the entire visible universe. In that very concrete sense, a universe dwells within us.

The immune system is the body's defense mechanism that protects against harmful pathogens such as bacteria, viruses, fungi, and parasites, including cancer cells. The immune system doesn't have one centralized location in the body like the heart or the brain. It includes specialized cells in the thymus, bone marrow, spleen, tonsils, lymph nodes, and adenoids. We must include the skin, which is the first line of protection.

"I am only human," is a declaration often used to excuse shortcomings. I pray during this Christmas season this pronouncement will become an affirmation of David's song in Psalm 139: 13-14,

*"For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made...
I know that full well."*

"Hark! the herald angels sing,
"Glory to the newborn King!"

*Merry Christmas,
Rev. Julia*