

2025-12-01 Meditation for Monday in the First Week of Advent is now available at: <https://pgimf.org/meditations/>

Theme song (7th-century hymn):

Creator of the stars of night
Your people's everlasting light,
O Christ, Redeemer of us all,
We pray you hear us when we call

In sorrow that the ancient curse
Should doom to death a universe

Tshela Moya / Ke naa yo Morena

Lyrics: Trad. Sesotho song (South Africa)

Music: Trad. Sesotho song, arr. Michael Barrett (b. 1983)

Artists: University of Pretoria Camerata, Michael Barrett (dir.)

<https://www.youtube.com/watch?v=aXcttZVhf0s&list=PLmRf2VEVPna1dFScuVqa5DhNpFKPsRm-D&index=33>

1. Tshela moya ohalalelang

Pour your Holy Spirit down upon us
Monhadi, Messiah
Lord, Messiah

[be prepared for many words/phrases to be repeated]

2. Mahlo a bona ke metsu

Eyes are piercing like spears [We are focused]
a lwanela Morena.
As we fight for the Lord

[more repeats]

Ke nna yo, Morena
Here I am Lord
Ke nna yo ke filthile
I have arrived

[repeats]

Mahlo a bona ke metsu

Eyes are piercing like spears
a lwanela Morena.

As we fight for the Lord

[repeats]

Ke nna yo, Morena

Here I am Lord

Ke nna yo ke filthile

I have arrived [many repeats]

Mahlo a bona ke metsu

Eyes are piercing like spears
a lwanela Morena.

As we fight for the Lord.

Evan

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