

St. James Parish Church

Holetown, St. James, Barbados

TO BE A BEACON RADIATING GOD'S LOVE AMONG ALL PEOPLE



THE CHRISTMAS MESSAGE

DECEMBER 25, 2025

RECTOR: THE REV. CANON BEVERLEY SEALY-KNIGHT

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THE CHRISTMAS MESSAGE

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REV. CANON BEVERLEY SEALY-KNIGHT

THE QUIET RADIANCE:

A REFLECTION ON BEING A BLESSING THIS CHRISTMAS

Greetings my brothers and sisters in Christ,

We thank God that we are together this Christmas as we remember our loved ones whom we love but see no longer. They have been a blessing to us in word and deed and we are encouraged to be the same for others.

Christmas is a time when many are hoping for a miracle - when many are hoping to be blessed and the Christmas story is the greatest incentive for being that vehicle of God's grace.

To be a blessing is not necessarily about performing grand, public gestures, or achieving monumental acts of charity. Instead, we find it is a far quieter, more consistent practice—a daily choice to embody goodness in the small, often unseen, interactions of life. It is the intention to leave every person and every place slightly better than we found them, driven by the understanding that true fulfillment lies not in what one acquires, but in what one contributes.

The essence of being a blessing is a radical shift in perspective: moving from a scarcity mindset focused on personal lack, to an abundance mindset focused on shared resources of time, empathy, and kindness. It means consciously stepping outside the natural human inclination toward self-preoccupation to notice the needs, visible or invisible, of those around us. This awareness turns simple acts—like listening without judgment, offering sincere encouragement, or simply being a stable presence in a moment of chaos—into powerful gifts. These are the moments when we are most truly "blessed" in the transitive sense, acting as conduits of grace rather than merely recipients of it.

What is perhaps most profound about this practice is the creation of a genuine ripple effect. A single act of intentional kindness is rarely a closed loop. The energy of being supported, seen, or relieved of a burden tends to propagate outwards. The person who received a timely compliment might then pay for the coffee of the person behind them. The colleague who felt truly heard during a stressful meeting might approach their next interaction with renewed patience. It is through this chain of quiet generosity that the world's shared burdens become lighter. Our own well-being is intrinsically tied to the well-being of our community, and by nurturing them, we inevitably nurture the environment that sustains us.

Furthermore, being a blessing is a potent antidote to cynicism. In a world that often feels fractured and overwhelming, actively choosing to bring light, even in a small way, grounds us in purpose. It reminds us that we have agency—that our hands are capable of healing, even if only by wiping away a tear or typing a supportive message. The deepest, most enduring joy we have experienced has consistently followed an action that eased another's suffering or amplified their happiness. This paradoxical reality—that we gain by giving—is the quiet truth at the heart of the matter.

Ultimately, being a blessing is not a status to be achieved, but a continuous way of living. It requires humility, consistency, and a persistent willingness to see the good in others and to reflect that goodness back to them. It is the gentle, daily work of making one's life a quiet, radiant source of warmth in the lives of others.


Let us be the blessing that our world needs this Christmas.

A joyous Christmas to you and a year filled with countless blessings.


Your friend and pastor

Canon Beverley

St. James Parish Church



MAY THE
CHRIST OF
CHRISTMAS BE
WITH YOU
TODAY AND
ALWAYS.



*MERRY
CHRISTMAS !!!!*

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