

Tranquility

How often have we asked ourselves
"Why didn't you stop and think
before you said or did such stupid things?"
And yet we've had this time of forced seclusion,
when we had lots of time to think,
but have we failed to take advantage
and have we let the time slip by?
Has this been an opportunity lost
for that reflection
which is the seedbed of tranquility,
the chance to calm the inner turmoil of our lives
and see the bigger picture,
which allows perspective
and a wisdom far beyond our years,
to see the hills and valleys,
the ebb and flow of life and death,
the senseless irritations,
and the conviction of injustice
and wounds which never seem to heal?

And then we try to look ahead
and ask how we would want for things to change.
Once more we have to stop and think
and use this time of forced reflection
to learn again that to become what now we want to be,
and to have a vision of a fairer world,
we must reflect on what has been
and how we have been in times gone by,
before we have a clearer vision
of the new, more equal world,
which Christ demanded
when He said that we must never
be like Pharisees in complacent self esteem,
or like the money men,
or those who think that might is right.
When He was overwhelmed
with weariness with wickedness,
or the crazy urges of the well intentioned,
He went away to be alone,
and in talking with His Father,
He came back refreshed in spirit
to face the way ahead.
Tranquility within is hard work for us all.

(Canon Andrew Monaghan)