

REFLECTIONS FOR THE FIFTH WEEK OF LENT

BE AT PEACE



Do not look forward in fear to the changes of life; rather look to them with full hope as they arise. God, whose very own you are, will deliver you from out of them. He has kept you hitherto, and He will lead you safely through all things; and when you cannot stand it, God will bury you in his arms.

Do not fear what may happen tomorrow; the same everlasting Father who cares for you today will take care of you then and every day. He will either shield you from suffering, or give you unfailing strength to bear it.



Be at peace and put aside all anxious thoughts and imagination.

St. Francis de Sales (1567-1622)

THE RESTLESS SPIRIT



Almost everything within our world inhibits our journey inward towards stillness and silence. Our culture invites excitement, not silence; activity, not stillness...

The world suggests that the solution to your restlessness lies outside of yourself, in building a bigger and more exciting life. If you are lonely, find a friend; if you are restless, do something; if you have a desire, fulfil it. It trivialises our restlessness, inviting us in a thousand ways to forget that God has called us to make an inward spiritual pilgrimage.

In the preface to Elizabeth O'Connor's book, *Search for Silence*, N. Gordon Cosby writes,

"The one journey that ultimately matters is the journey into the place of stillness deep within one's self. To reach that place is to be at home; to fail to reach it is to be forever restless."

Too much inside of us and around us invites us to forget this and it is too dangerous to forget it. It is our rest, our peace, that's at stake here.

Ron Rolheiser, OMI, 'Daily Reflections for Lent and Easter'

THE WORD 'CHANGE' NORMALLY REFERS TO NEW BEGINNINGS.

But transformation...more often happens not when something new begins but when something old falls apart. The pain of something old falling apart - chaos - invites the soul to listen at a deeper level. It invites and sometimes forces the soul to go to a new place because the old place is falling apart. Otherwise, most of us would never go to new places...

Transformation usually includes a disconcerting reorientation. Change can either help people to find a new meaning, or it can cause people to close down and turn bitter. The difference is determined by the quality of your inner life, what we call your "spirituality."

Change of itself just happens; but spiritual transformation must become an actual process of letting go, living in the confusing dark space for a while, and allowing yourself to be spit up on a new and unexpected shore. You can see why Jonah in the belly of the whale such an important symbol for many Jews and Christians is.

Richard Rohr, OFM

*One's destination is never a place but
a new way of seeing things.*

Henry Miller

17 March - ST. PATRICK'S DAY... can be a time for personal reflection.



It encourages us to think about our own spiritual journeys, the obstacles we've overcome, and the mission or purpose we wish to fulfil in our lives. St. Patrick's resilience and dedication offer us a template for finding our own paths and making a meaningful impact.

Ultimately, St. Patrick's Day is a reminder that faith, no matter where it is rooted, holds immense power. It can change individuals, societies, and even entire nations. In St. Patrick's story, we find the strength to believe in the possibility of transformation, no matter how improbable it may seem.

St. Patrick's Day goes far beyond the festive parades and green attire. It is a day that reminds us of one person's extraordinary journey from slavery to sainthood, driven by unwavering faith and a deep sense of purpose. The spiritual significance of this day resonates with people of all backgrounds and beliefs, emphasizing the universality of faith, hope, and redemption.

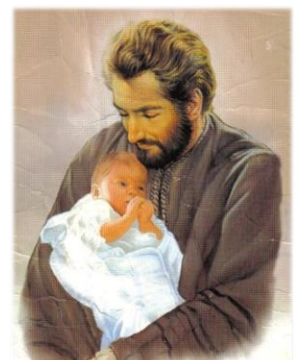
medium.com website, 'St Patrick's Day Spiritual Meaning'

19 March - As we celebrate the Feast of St Joseph, let us imitate his 'Yes' to God's call to a journey that may not always turn out as we expect.

Every "yes" bears fruit because it becomes part of a larger design, of which we glimpse only details, but which the divine Artist knows and carries out, making of every life a masterpiece.

***Saint Joseph** comes to meet us in his gentle way, as one of "the saints next door". At the same time, his strong witness can guide us on the journey.*

In short, he adapted to different circumstances with the attitude of those who do not grow discouraged when life does not turn out as they wished; he showed the willingness typical of those who live to serve.



Pope Francis