

## Reflection Wednesday Week 14 2020

*Constantly seek the face of the Lord. Sow integrity and reap a harvest of kindness.* When we were baptised, we were anointed with chrism oil and we shared in the priesthood of Christ, his kingship and his priesthood. Like the apostles, we were given authority over unclean spirits (evil) and given a mission to declare the presence of the Kingdom of God, which we call family. Seeking the face of God is not like searching for Wally in a picture. It is more like discovering how present God is in everyday events and in our surroundings. Seeing and experiencing that presence will help us declare the presence of the Kingdom and recognise all those we meet as members of our family even if they do not know it or even reject it. Integrity speaks of honesty and having strong moral principles. It expresses being whole and undivided, of being unified, solid and sound. It finds its best expression in kindness. What is so good about Jesus is that he places his authority into our hands. This authority is not something we earn, or learn from books, or comes with a title or a position, however skilled we might be. The authority that Jesus confers is a gift, always a gift, and a gift to be used with integrity and with kindness. Unlike human authority, Jesus authority has the power to change people's lives for the better, it promotes life and casts out evil. It is the authority that comes with the Kingdom of God, the Kingdom of heaven, the Kingdom of life. Saint John Henry Newman: *Dear Lord...shine through me, and be so in me that every soul with whom I come into contact may feel your presence in my soul... Let me thus praise you in the way you love best, by shining on those around me!!*

### **A weight watcher's grace before meals.**

Thank you, God, for breakfast, lunch and dinner.  
If it weren't for you, I'd be much thinner. Amen.

### **A grace for respite from long speeches:**

Lord who blessed the bread and wine,  
we ask your blessing as we dine;  
and if long speeches we endure,  
pray God they serve us good liqueur. AMEN!