"The sun has its story no curtain can stop." Mark Nepo

Macrina Wiederkehr writes in her blog: These wise words alongside a captivating picture of a curtain saturated in sunlight could serve as a metaphor for our lives. Most of us have had a few sun scares in which we have perhaps been burnt with too much sun and thus spent unnecessary time hiding from its rays. Everything needs moderation. The sun has enough good zeal to shine through even the barriers we put up to block it out.

Its story is one of light, warmth and energy. The sun's story can sometimes lift one's spirit and lessen the power of depression. The sun's power can boost our immune system. We know that when our skin is exposed to sunlight the production of Vitamin D, which is vital to the body's health, begins. So, draw back the curtain and let the sun's story embrace your life.

We, too, have curtains that we use, often unconsciously, to hide the story of our lives. Our story which is rich and vibrant and can give warmth, energy, joy, hope and passion to others is crucial for the health of the world. So, what are the curtains we pull to block the story of our lives? There is

- the curtain of fear,
- the curtain of indifference,
- the curtain of neglect,
- the curtain of superficiality,
- the curtain of superiority,
- the curtain of triviality
- and many others.

Only you can name your curtains.

Meanwhile, your real self waits behind the curtain. It is only a matter of time because the curtain cannot block the truth of you forever. And, you will find in your story the qualities with which God has blessed you as his follower: love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control.

After a complicated operation, a politician woke up in a hospital bed only to discover that the curtains were drawn around him. Turning to the nurse he asks *"why are the curtains closed, is it night?"*   *"No",* replied the nurse, *"It's just that there's a fire in the building across the street and we didn't want you waking up and thinking that the operation was unsuccessful"*