

Reflection: Thursday 7th January 2021

We have repeatedly read at Mass, these past few days, that a light has come into the darkness. A light of freedom and truth in which evil is vanquished. This is also a message for us during the current Lockdown! We are now living in a darkness of uncertainty about the future. The vaccine is here and we are promised to be given it, but where and when is still largely uncertain. The vaccine is a light at the end of the tunnel. Living with uncertainty eats away at our courage and hope. The risks of the virus spreading seem to be increasing. Going out, encountering others, now carries increased risk. Those who are able are inventing ways of using their isolation as a means of keep fit, try new recipes and develop new hobbies. They are turning their uncertainty into a good. When people make a religious retreat, they can either join in with other people or make an independent solo retreat. If you have never made a retreat before, now is an excellent opportunity to try. It can be done using the Mass readings of each day. Sit with a reading and read it through slowly pausing and seeing what stays with you. Read the passage again and focus on a word or a phrase and mull it over, repeating it to yourself a few times. You can do this once, twice, three times a day. You will be surprised at how God will speak to you through the day in different ways. Do this and it will change your life and the way you see your current situation and the situation around you. Since Repentance is about changing the way you live and act, this form of simple retreat is an act of repentance. Happy reflecting or should I say happy repenting!!

How would you write "I changed a light bulb" on your resumé? *Single-handedly managed the successful upgrade and deployment of new environmental illumination system with zero cost overruns and zero safety incidents.*

The Dalai Lama hands over a £20 note, and asks for his change.

The man behind the counter says, "**No, change must come from within!!**"