

## Reflection Friday Week 1 – 2022

The desire for tangible proof is all pervasive today. We are beset with targets, with numbers, evidence and proof. Trust has gone out the window. Yet beauty is not tangible even if the cosmetic industry would want us to believe otherwise. Cosmetic beauty is just that: cosmetic. The other day I heard the song of a bird in the early morning and wondered how it knew and remembered the tune; it was mesmerising, lifted the spirits and evoked the beauty and wonder of music. The scenes and vistas experienced out walking or adventuring can never be captured in a photo however good it may be.

Some believe they have power because of their office, their education, their position in society or because of their wealth. Power, like truth, like love and all the virtues allow us to use them but we do not possess them, if anything, they possess us. Jesus understood this. He let the Father work through him to heal and to forgive. He used this power always for the good and the benefit of others, never for himself.

**Story:** A professor gave a balloon to every student, who had to inflate it, write their name on it and throw it in the hallway. The professor then mixed all the balloons. The students were then given 5 minutes to find their own balloon. Despite a hectic search, no one found their balloon.

At that point, the professor told the students to take the first balloon that they found and hand it to the person whose name was written on it. Within 5 minutes, everyone had their own balloon.

The professor said to the students: "These balloons are like happiness. We will never find it if everyone is looking for their own. But if we care about other people's happiness, we'll find ours too."