

### Reflection Monday Week 3 St Francis de Sales 2022

**St Francis de Sales** (1567 - 1622) was born near Annecy, in Savoy, studied law and was ordained a priest despite opposition from his father. His first mission was re-evangelizing the local people (the Chablais), who had become Calvinists. Despite hostility, he preached with such effectiveness that in four years most had returned to the Church. Appointed bishop of Geneva, he began reforming and reorganising the diocese, and caring for people through preaching and spiritual guidance. St Francis taught that everyone can achieve a devout and spiritual life: holiness is not reserved to monks and hermits alone. He wrote *"religious devotion does not destroy: it perfects,"* and dedicated himself to making people more holy by helping them make more of themselves. Motivated and inspired by Christ's love, he said *"whoever wants to preach effectively must preach with love."*

***I am a Christian*** Maya Angelou

When I say that "I'm a Christian"  
I'm not shouting that "I'm saved."  
I'm whispering "I get lost"  
that's why I chose this way.

When I say that "I'm a Christian"  
I don't speak of this with pride.  
I'm confessing that I stumble  
and need someone to be my guide.

When I say that "I'm a Christian"  
I'm not trying to be strong.  
I'm professing that I am weak  
and pray for strength to carry on.

When I say that "I'm a Christian"  
I'm not bragging of success.  
I'm admitting that I've failed  
and can never pay the debt.

When I say that "I'm a Christian"  
I'm not claiming to be perfect.  
My flaws are all too visible  
but God believes I'm worth it.

When I say that "I'm a Christian"  
I still feel the sting of pain.  
I have my share of heartaches  
which is why I seek HIS name.

When I say that "I'm a Christian"  
I do not wish to judge.  
I have no authority

***I only know I'm loved!***