

Reflection Friday Week 22 – 2022

Trust is essential in every relationship. To trust God, we must let go of all our securities and dependences. In autumn the trees gradually lose all their leaves encouraging us to let go too!!

*Slowly
she celebrated the sacrament of letting Go...
First, she surrendered her Green
then the Orange, yellow, and Red...
Finally, she let go of her Brown...
Shedding her last leaf
she stood empty and silent, stripped bare
leaning against the sky she began her vigil of trust...
Shedding her last leaf
she watched its journey to the ground...
She stood in silence, wearing the colour of emptiness
her branches wondering:
How do you give shade, with so much gone?
And then, the sacrament of waiting began.
The sunrise and sunset watched with
tenderness, clothing her with silhouettes
they kept her hope alive.
They helped her understand that her vulnerability
her dependence and need
her emptiness, her readiness to receive
were giving her a new kind of beauty.
Every morning and every evening she stood in silence and celebrated
the sacrament of waiting. (Macrina Wiederkehr)*

However, once we let go and truly trust God, we can say:

*I will believe the truth about myself no matter how beautiful it is:
I believe in my power to transform indifference into love.
I believe I have an amazing gift to keep hope alive in the face of despair.
I believe I have the remarkable skill of deleting bitterness from my life.
I believe in my passion to speak the truth even when it isn't popular.
I believe I have the strength of will to be peace in a world of violence.
I believe in my miraculous capacity for unconditional love.
I believe in my budding potential to live with a nonviolent heart.
I will believe the truth about myself no matter how beautiful it is!*

Why should you never trust trees? Because they are shady!

I don't trust stairs because they are always up to something!

Why don't scientists trust atoms? Because they make up everything.