

## Reflection Tuesday Week 24 St John Chrysostom 2022

**St John Chrysostom (349 - 407)** was born in Antioch. After a thorough education, he adopted an ascetic life, was ordained a priest and became a fruitful and effective preacher. He was elected Patriarch of Constantinople in 397, energetically reforming the ways of the clergy and the laity alike. He incurred the displeasure of the Emperor and was twice forced into exile. After 3 years of the second exile to Armenia, it was decided to send him still further away but he died on the journey, worn out by his hardships. His sermons and writings helped explain the Catholic faith and encouraged living the Christian life: his eloquence earned him the surname "Chrysostom" (Greek for "golden mouth").

It would not be unreasonable for us to think of Queen Elizabeth II as having a Golden Mouth:

*It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change.*

*It has always been easy to hate and destroy. To build and to cherish is much more difficult.*

*Often a child's helplessness and vulnerability bring out the best in us.*

*Everyone is our neighbour, no matter what race, creed or colour.*

*The birth of a baby brings great happiness - but then the business of growing up begins."*

*I am reminded of a lady of about my age who was asked by an earnest, little granddaughter the other day 'Granny, can you remember the Stone Age?' Whilst that may be going a bit far, the older generation are able to give a sense of context as well as the wisdom of experience which can be invaluable.*

*When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.*

*While we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again.*