

### Reflection Thursday after Ash Wednesday 2023

The choice set before us not just for today but every day of our lives. We can choose Life or we can choose Death. We can choose those things that enhance, sustain and promote life or we can do the opposite and become all the poorer for it. But it leaves us with the paradox that Jesus chose death on a cross rather than life. Only, Jesus did not choose death on a cross even though he allowed the leaders of the people to crucify him. Jesus only accepted death after a great struggle - a struggle we will never comprehend here on earth. He accepted death so that we and everyone born and to be born would have life. His choice was life for us all. And that is something we do well to contemplate through the Lenten season. So, we too can accept the difficulties and challenges thrust upon us in view of bringing life to others and know that Jesus will help us having done the same himself.

Choosing Life means choosing and placing God in the centre. **Macrina Wiederkehr** writes:

*Everything can bless us, but we've got to be there for the blessing to happen. Being present with quality is a decision we are invited to make each day. It is another way to become like God. Due to the reality of our terribly distracted, cluttered, and noisy existence, the decision for real presence is not easy. If we can make this decision and live it, it will be a kind of salvation for us. It can save us from many kinds of death: the death of apathy and mediocrity, the death of carelessness, the death of boredom, the death of selfishness, the death of meaninglessness. There is nothing so healing in all the world as real presence. Our real presence can feed the ache for God in others.*