

Reflection Monday 5th Week Easter 2023

As we look to the future, Jesus speaks of an advocate: an advocate who has our corner. This advocate emanates from the Father and the Son. An advocate who will open our minds to all that Jesus says and does and will help us see how God is present in our lives, in the lives of all those we encounter and in our natural world.

Macrina challenges us to see how the Spirit of God is present:

We stand in the midst of nourishment and we starve. We dwell in the land of plenty, yet we persist in going hungry. We have the capacity to be filled with the utter fullness of God. Why do we drag our hearts? Lock up our souls? Why do we limp? Why do we straddle the issues? What do we live so feebly, so dimly?

The reason we live life so dimly and with such divided hearts is that we have never really learned how to be present with quality to God, to self, to others, to experiences and events, to all created things. We have never learned to gather up the crumbs of whatever appears in our path at every moment. We meet all these lovely gifts only half there. Presence is what we are all starving for. Real presence! We are too busy to be present, too blind to see the nourishment and salvation in the crumbs of life, the experiences of each moment. Yet the secret of daily life is this: There are no leftovers!

There is nothing: no thing, no person, no experience, no thought, no joy or pain-that cannot be harvested and used for nourishment on our journey to God. Everything in your life is a stepping-stone to holiness if only you recognize that you have within you the grace to be present to each moment. Your presence is an energy that you can choose to give or not give. Every experience, every thought, every word, every person in your life is part of a larger picture of your growth. Everything experienced and encountered can be nourishing if given your real presence. Let everything energize you. Let everything bless you. Even your limping can bless you!!

The attorney tells the accused, "I have some good news and some bad news." "What's the bad news?" asks the accused. **"The bad news is, your blood is all over the crime scene, and the DNA tests prove you did it." "What's the good news?"** **"Your cholesterol is 130."**