

### Reflection Thursday Week 13 – 2023

Notice that in today's Gospel the people did not praise Jesus for restoring the hand of the crippled man but that they gave praise to God. This is so important. A priest celebrating Mass is not the important one, it is God who works through him. Ultimately the good works that we do are good because God works in and through us. Macrina Wiederkehr believes that we can experience this power of God working in us too:

*We can experience Christ-power flowing in and out of us if we but open our eyes to all of life's happenings... Every encounter has the potential of being an experience of healing. In every encounter there is usually a giver and a receiver. However, it is true that the One who gives also receives and the one who receives also gives... All of creation is tinged with glory. Touching the wings of a butterfly or laying hands on the bark of a tree, can be like touching heaven. The power of God flows out of each flower, each tiny creature, every blade of grass, even from the very ground upon which we walk. To have this experience, of course, we have to live awake so that we can experience that gentle Christ-power flowing out of us and then on to others. Somewhere in his vast array of writings Thomas Merton suggests that the saints preach and teach by the way they sit or stand, by the way they pick things up and hold them in their hands. His words suggest reverence and total presence. Although this sounds easy it is difficult to achieve. Being mindful isn't easy but it is worth the practice. It is a spiritual practice that can benefit many.*