

Reflection Monday Week 18 – 2023

Gather up the Crumbs: (From Macrina Wiederkehr, OSB,)

We stand in the midst of nourishment and we starve. We dwell in the land of plenty, yet we persist in going hungry. Not only do we dwell in the land of plenty; we have the capacity to be filled with the utter fullness of God. In the light of such possibility, what happens? 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? Why aren't we saints?

... 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. What I am suggesting here is that everything in your life is a stepping-stone to holiness if only you recognize that you do 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. That's why I call them crumbs. They are not the whole loaf, but they can be nourishing if you give them your real presence. Let everything energize you. Let everything bless you. Even your limping can bless you.

I used to work for a mining company . . .

It was a boring job; just a slow daily grind.

I would find myself in a depression every day; unable to see the light at the end of the tunnel.

One day, the whole drill got to be too dull and just as I was about to do something to remedy the situation, everything started to crumble down around me.

I decided I needed to get out of there in a hurry. So I went for a drink, but as luck would have it, everyone refused to serve a miner.