

Reflection Friday Week 21 – 2023

In his letter on Holiness "Gaudete et Exsultate," (Rejoice and be Glad) Pope Francis writes:

I like to contemplate the holiness present in the patience of God's people: in those parents who raise their children with immense love, in those men and women who work hard to support their families, in the sick, in elderly religious who never lose their smile. "Holiness is the most attractive face of the church. The important thing is that each believer discern his or her own path, that they bring out the very best of themselves, the most personal gifts that God has placed in their hearts, rather than hopelessly trying to imitate something not meant for them.

In times when women tended to be most ignored or overlooked, the Holy Spirit raised up saints whose attractiveness produced new spiritual vigour and important reforms in the church. We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer. That is not the case. We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves. This holiness to which the Lord calls you will grow through small gestures.

Do not be afraid of holiness. It will take away none of your energy, vitality or joy. Thanks be to God, throughout the history of the church it has always been clear that a person's perfection is measured not by the information or knowledge they possess, but by the depth of their charity.

Jesus explained with great simplicity what it means to be holy when he gave us the Beatitudes (Mt 5:3-12; Lk 6:20-23). The saints are not odd and aloof, unbearable because of their vanity, negativity and bitterness. The Apostles of Christ were not like that. In this call to recognize him in the poor and the suffering, we see revealed the very heart of Christ, his deepest feelings and choices, which every saint seeks to imitate.

Why did Adam and Eve do maths every day? They were told to be fruitful and multiply.

What do you call a prophet who's also a chef? Habakkuk.

What types of boats do believers want to go on? Discipleships and worships.