

## Reflection for September/October

Our focus or theme this year is to serve Christ in the poor with love justice and joy.

This is reflected in our mission statement. I am basing this reflection on our Mission statement and it is probably too late for your September meeting, but never-the-less it is still valuable. Take time during your reflection for silence. God speaks to us in silence. Our opening prayer gives time for silence and so we too must grasp silence to hear God within us. If we listen to our inner God, our God in residence then we will know and be able to serve Christ in the poor. It is Christ we serve, always.

During these months we are refreshed and prepared for the business of getting back. School begins, holidays are over, and many Church programmes start up. While it is true that we of the Society continue serving Christ in the poor every month, there is a different focus and energy in September and October. It is like starting over. -- or --Beginning anew.

It is truly a time to give thanks. Even in disasters, like the fires raging through BC and Alberta and the drought hitting farmers or the diseases hitting the cattle and the people. These things have brought great loss to others. These losses have affected all of us rich and poor. Natural disasters are one of the things that do not discriminate. When fire hits, it does not look for the lowly hovel, it strikes the large homes attached with a pool, the small farmer, and the small unadorned homes. Each is a loss. Disease hits randomly and affects many people across our country. Countless are hurting and suffering because of all the things that have happened this year. SARS, West Nile, Drought, Fishing bans and limits, fire, all have impacted someone sitting here, others we know and serve.

How can we give thanks? Many have stopped praying. Many blame God. We forget to give thanks to a God who loves us and cries when we cry. We ask questions and look for answers, and someone to blame, even God. We should instead be seeing the love around us. Look for the love, ask for freedom and give all suffering and loss to God. Feel God's presence and give thanks.

Readings: Isaiah: 43 1-5, Ps. 139: 1-14, Isaiah 54:10, John 4:10

Reflect on these and other readings of God's love. "Leave all your worries with God, because God cares for you." 1 Peter 5:7

God will grant anything we ask, so we should ask him for the freedom to love ourselves so that we may love others more. We need this freedom to live the Gospel message by serving Christ in the poor with love, respect, justice and joy

(The following poem or reflection should be read slowly, pausing between paragraphs and appropriate lines. Soft music in the background sets the mood. I sometimes find that candles are good to stare at and empty our minds fo all the daily concerns. It is hard to let go, to turn the controls over. Everyone should be comfortable so that our thoughts and whole being are focused. We quiet ourselves internally and externally to listen to God. We should not have anything in our hands. Give ourselves completely to the present, listen ...listen.)

## **Celebrate God's Creation of You**



**God chose you, You are a celebration! You are worth everything.  
You are unique. In all the world there is only one you.  
There is only one person who thinks exactly like you.  
There is only one person who feels like you.  
There is only one person who has had your experiences.  
There is only one person with your talents and your God given gifts.  
No one can ever take your place.**

**God created only one you. God is in you. You are a temple for the Trinity. See how he loves you. You are precious in his sight. See him gaze at you. He has given you this sense of immense love for you to share. You can give this to others, because you know it will never leave. You can grow in the love you give, in your creations, in your sacrifice. Do you believe in yourself?**

**Do you think God cares whether you are young or old, black or white, large or small, male or female, or whether you are rich or poor? God loves you more than anyone on earth can love you. God loves you even if others do not love you. Do not be sad or bitter. Let go of the things that stop you from feeling loved and special. Do not take the hurtful things from the past. You belong here, now ....The now Christ creates in you.**

**It doesn't matter what you have been, the wrong you have done, the mistakes you have made, the people you have hurt. You are forgiven and you are with me now, says our Lord. Forgive others as I forgive you, because you are forgiven and you are loved.**

**You are accepted, you are the light of Christ in our world today and it is okay to be you. You are special.**

**You are reason to Celebrate. Celebrate you. Celebrate Christ in you. Begin now, start anew. Give yourself a new birth, today.**

**Here you are and it is all you need to be. You are not temporary. Here today and gone tomorrow. You are God's child; see how he looks at you. See how he looks at you. See the joy. Feel the new birth. Today is you being loved by Jesus forever.**

**This is your new life. You deserve this new life, it is given freely.**

**This is the miracle called God.**

**So, celebrate that miracle. And Celebrate You.**

**Lynn L'Heureux  
National Spiritual Committee**

