

# KIT @ KIPPAX

Staying Connected while Physically Distant

Tuesday 31 March 2020

Today's Gospel John 8: 21-30

## Praying in Crisis

When we call out for help, we are bound more powerfully to God through our needs and weakness, our unfulfilled hopes and dreams, and our anxieties and problems than we ever could have been through our joys, successes, and strengths alone.

When we rename our anxieties, in a sense we distil them into requests. So when we're suffering from anxiety, we can begin by simply holding the word help before God, letting that one word bring focus to the chaos of our racing thoughts.

Along with our anxieties and hurts, we also bring our disappointments to God. If anxieties focus on what *might happen*, and hurts focus on what *has happened*, disappointments focus on what *has not happened*. Again, as the saying goes, revealing your feeling is the beginning of healing, so simply acknowledging or naming our disappointment to God is an important move. This is especially important because many of us, if we don't bring our disappointment to God, will blame our disappointment on God, thus alienating ourselves from our best hope of comfort and strength.

Taken from, *Praying in a Crisis*, By Richard Rohr  
Submitted by Di Bruce



## The Secret of Life

Life is a thing of many stages and moving parts. What we do with ease at one time of life we can hardly manage at another. What we could not fathom doing when we were young, we find great joy in when we are old. Like the seasons through which we move, life itself is a never-ending series of harvests, a different fruit for every time.

The secret of life is to let every segment of it produce its own yield at its own pace.

Every period has something new to teach us. The Harvest of youth is achievement; the harvest of middle-age is perspective; the harvest of age is wisdom; the harvest of life is serenity.

Taken from: *In a High Spiritual Season*, by Joan Chittister