

Tuesday Reflection 19 October 2021

Our life is a long process of seeking and striving - and we will often get it wrong, but the important thing is not to give up.

For Catholics brought up on a diet of guilt, there is a strong inclination to beat ourselves up over our faults, but as somebody put it “We should not take a sledge-hammer to our faults”, but should learn from them and use them to get to know ourselves better. In this way we develop compassion for ourselves - and without this we cannot develop compassion for others, and if we do not develop compassion for others, then we break the circle of love which goes out from God and returns to Him.

In our searching, we often seek salvation outside ourselves; we think that by travelling, by ‘gathering experiences’ and ‘amassing facts’ we can gain wisdom.

The only journey that really counts is the inner journey, as we come to acknowledge the God Within, and as we come to recognise and acknowledge the God within ourselves, then we recognise and acknowledge the presence of God in our brothers and sisters who, as St Francis reminds us, are to be found throughout Creation. Thus the Circle of Love is completed.

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