

April 11, 2008
Friday of the Third Week of Easter

Readings of the day may be found on the following link:

<http://www.nccbuscc.org/nab>

Acts 9:1-20

Psalm 117:1bc, 2

John 6:52-59

For my Flesh is true food, and my Blood is true drink. Whoever eats my Flesh and drinks my Blood remains in me and I in him.

I tend to have frequent food cravings. Actually, it's chocolate—dark chocolate, which I justify by reminding myself that dark chocolate contains 'healthy' nutrients. Yet, when I indulge this craving, I rarely find satisfaction. Instead, I find myself craving more. There is nothing 'true' about this food or any other craving I might experience. They never satisfy. On the other hand, when I am true to my daily prayer and the daily examen and an intentional life rooted in Jesus, I get a glimpse of the peace that God intends for us. I also get this same glimpse when I take the time to be present to the moment I am in instead of looking ahead at what might be or behind at what could have been. Being in the present moment allows me to see the love that is in the world. I can see the kindness of the grocery clerk who waits patiently for the customer who cannot find the right change, or the salesperson who patiently explains something several times to the customer who cannot understand the store policy. I can see the humility of leaders who choose to put the needs of their country above power. I can see the curiosity of children who hunger for more connection with God. All of this is possible for me when I choose to take on the heart and mind of Jesus. Then I know what it is like to have real peace and witness real beauty.

People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering.

--St Augustine