Reflective Moments with Angela

February 2015: Spiritual, Refreshing Moments

Most of us have special ways to pause and refresh ourselves when we’re weary. It may be a power enriched bar or drink to get us going again. Some find it helpful to listen to soothing nature sounds or to just doodle for a while. There’s plenty of helping aids in the many spas, gyms and health centers.

While it’s certainly true that we need to remain physically fit, it is also very true that we definitely need to develop spiritual, refreshing moments for our souls. What do we have at our disposal? Daily Mass, if possible. Reflections from Sunday services, scripture reading, books, tapes and prayer partners are great resources.

When we feel spiritually drained or need instant support we can turn to scripture and find God’s promises empowering us. For example, look at Psalm 62:1, “In God alone there is rest for my soul, my rock, my safety, my stronghold so that I stand unshaken.” Genesis 12:2 tells us, “I will bless you and make your name great so that you will be a blessing.” For added measure Jesus tells us in Luke 12:32, “Do not fear little flock for it is your Father’s good pleasure to give you the kingdom.”

There are many more such passages. Why not set aside a special time each day to read scripture and find the spiritual medicine to wholeness. Sermons, homilies, notes from retreats or passages from books will also help. Inviting God to be present and touch us can be a real treat.

With Angela

Angela was a super example for us in her prayerful life. She spent much time in reflection and openness to God’s will. At the same time she was person of action accomplishing much through her faith. May her humble, simple, devoted way guide us on our spiritual journey.

Prayer

Saint Paul prayed for the Ephesians 3:16-21 in a special way. May his prayer be ours as well in our moments of drawing closer to our God. He says: “May God grant you, in accord with the riches of God’s glory; to be strengthened with power through God’s Spirit in your inner self. May Christ dwell in your hearts through faith; so that you, rooted and grounded in love may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.”

By Sister Marie William Blyth