

CLONGUISH PARISH NEWSLETTER

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Trinity Sunday

Today, Trinity Sunday, we hear one of the most well-loved passages from St John's gospel: '**God loved the world so much that he gave his only Son.**' In giving Jesus, God immersed himself fully in our world and in our humanity.

Not only that, but he experienced humanity in its most broken form, all the way to suffering and death. And all of this, he did out of love and compassion for us. We have only to look at how he treated those who were most marginalized in his own time. He was with people in their brokenness, in their fear and suffering. He became weakness itself. We are called to do the same.

True compassion means entering into the brokenness of the world. You will have heard the expression that we can't truly understand another person until we have walked a mile in their shoes. Before we judge others, for their choices or their situation in life, we must really understand them, be with them, and share in their experiences. This is true compassion.

Triona Doherty—Intercom magazine.

Prayer of a native American

O, Great Spirit, whose voice I hear in the winds
And whose breath gives life to the world, hear me.
I come to you as one of your many children.
I am small and weak; I need your strength and your wisdom.
Make my eyes ever behold the red and purple sunset.
Make my hands ever respect the things you have made,
And my ears sharp to hear your voice.
Make me wise so that I may know
The things you have taught your children,
The lessons you have hidden in every leaf and rock.
Make me strong, so that I may not be superior to other people,
but
Able to fight my greatest enemy, which is myself.
Make me ever ready to come to you with straight eyes,
So that when life fades as the fading sunset,
My spirit may come to you without shame. Amen.

Fr Ron Rolheiser on prayer

I had a professor, an elderly **Augustinian priest**, who in his demeanor, speech and attitude radiated wisdom and maturity. One day in class he spoke of his own prayer life. In essence this is what he said and it has stayed with me for the nearly 40 years since. "*Prayer isn't easy because we're always tired, bored, busy, distracted and caught up in so many things that it's hard to find the time and energy to centre ourselves on God for some moments. So, this is what I do: no matter what my distractions or temptations are, I am faithful to this: **once a day I pray the Our Father as best I can from where I am at that moment. Inside of everything that's going on inside me and around me that day. I pray the Our Father, asking God to hear me from inside all distractions and temptations that are besetting me. It's the best I can do. Maybe it's a bare minimum and I should do more and try harder, but at least I do that as best I can. It's the prayer Jesus told us to pray***"

