

October 6, 2024



Daily Reflections

Photo by Sr. Karin Nürnberg, CSJ, from the Abbey St. Hildegard in Eibingen, Germany

LET THIS BE A WEEK OF HARVEST!

By Sr. Jayne Helmlinger, CSJ

Today's First Reading

The LORD God said: "It is not good for the man to be alone. I will make a suitable partner for him." So the LORD God formed out of the ground various wild animals and various birds of the air, and he brought them to the man to see what he would call them; whatever the man called each of them would be its name. The man gave names to all the cattle, all the birds of the air, and all wild animals; but none proved to be the suitable partner for the man. So, the LORD God cast a deep sleep on the man, and while he was asleep, he took out one of his ribs and closed up its place with flesh.

The LORD God then built up into a woman the rib that he had taken from the man. When he brought her to the man, the man said: "This one, at last, is bone of my bones and flesh of my flesh; this one shall be called 'woman,' for out of 'her man' this one has been taken." That is why a man leaves his father and mother and clings to his wife, and the two of them become one flesh.

GENESIS 2:18-24

Reflection

During this week of reflections, I will be using the acronym HARVEST. Each day the focus will be on the letter for that day as noted below. I'm using the theme of fall and autumn and how this season can be used as a kaleidoscope to reflect on our life with God.

Sunday ~ H: Harmony

Monday ~ A: Awesome

Tuesday ~ R: Rejoice

Wednesday ~ V: Vibrant

Thursday ~ E: Everlasting

Friday ~ S: Steadfast

Saturday ~ T: Testimony

Harmony

In this reading, we hear of God's creating the creatures of the world, including man and woman. In this well-known passage from Genesis, we hear the words of unity where man and woman become one flesh.

In reflecting on God's creation, there is a sense of harmony in nature. Science has evolved over the centuries, and we've come to realize the interconnectedness of all creation. As human beings, we are a part of this web of creation. The four seasons experienced around the globe, fall, winter, spring, and summer are a unique reminder of God's unfolding revelation.

Today the word we're focusing on is "harvest." Harvest in the literal sense means to gather the crops that were planted in the Spring. We don't have to look far for the deeper spiritual meaning in this word. If we want to "gather the crops of our spiritual fields," we are called to reflect on the gifts of the Holy Spirit: Wisdom, Knowledge, Counsel, Fortitude, Understanding, Piety, and Fear of the Lord. How are we tending the garden of our hearts to grow in these spiritual gifts of the Lord?

To seek wisdom is to quiet ourselves and allow the Holy Spirit to guide us. When I reflect on my own seasons of life, I experience how wisdom grows over time if I remain faithful to leading a discerning life. The seeds of wisdom grow as we face the challenges of life head-on, grounded in our faith. Likewise, we hope our knowledge grows with each passing year, as we learn from our mistakes and poor choices. We seek counsel from trusted friends and from our life in Christ. It is in prayer, discernment, and seeking the movements of the

Holy Spirit that we make our way in life.

Fortitude enables us to face adversity, pain, and the struggles that inevitably come our way. It is our perseverance in faith that enables us to persevere. Understanding, piety, and fear of the Lord are the remaining gifts of the Holy Spirit that provide the spiritual strength we need to remain “good and faithful” servants of the Lord. Harmony is a wonderful attribute to nurture in ourselves and among others.



Photo by dweedon1

For Pondering

- The harmony you provide through your presence, thoughts, words, deeds, and actions is a gift so needed in our world today. How might you cultivate a sense of harmony within yourself where your inner peace touches the lives of those with whom you relate?
- In the quiet of your inner life where you meet the Lord, spend some time and ask for the grace and gift of harmony.

For Prayer

*O God of the harvest,
we pray today for the gift and grace of harmony.
May we cultivate harmony within and around us
through our presence and actions.
May we seek to bring peace and healing to all we encounter
on this day and each day of the coming week.
Amen.*

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