

October 6, 2023



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

WOE TO YOU!

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading

We have neither heeded the voice of the Lord, our God, nor followed the precepts which the Lord set before us. From the time the Lord led our ancestors out of the land of Egypt until the present day, we have been disobedient to the Lord, our God, and only too ready to disregard his voice.

BARUCH 1:18-19

Reflection

The readings for today, along with the Responsorial Psalm, 79, are all about turning away from God and living lives counter to who we say we are. While we might want to shy away from the strong condemnation found in these readings, it's best that we heed the messages found within them.

We are human and therefore we sin and lose our way. The message today is to

take stock of our lives and make an honest self-assessment on how we're doing in the eyes of the Lord. I find the daily Examen of St. Ignatius a wonderful tool to help guide my own life and see where I could be doing better in being the person I'm called to be.

The Examen is a gentle way to see God's interaction in our day and where we might have missed an opportunity to see the face of God, or the movement of God, in the people and circumstances of our day.

Perhaps the tyranny of time caused us to turn away from someone who needed just a moment of our attention. Perhaps we were oblivious to the person right before us who needed a smile, a gesture of welcome, or simply acknowledgement that they were there. It doesn't have to be large missteps or mishaps that can lead us down the roads of woe; it can be everyday, little "somethings" that in the end, chip away at the person we know God created us to be. Without prayer and an honest look at ourselves, we can easily find ourselves on the roads of woe in our lives!

Woe – O No!

O roads of woe you beckon, slipping into my life in unexpected ways. Grant me the grace, O Lord, to pivot onto the paths where your footsteps lead me.

O roads of woe you beckon, cataloguing your true intent to cause harm and disorder in life. May the inner compass of your Spirit, O God, guide me onto the paths of the Good News.

O roads of woe you beckon, full of false promises of instant reward and satisfaction. May I keep my focus upon the Lord, whose promise is living life to the fullest.



Pradelles, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- How might today be a day where you extend yourself a bit more than you would normally? Be open to the surprise nudge that you might experience today that is God's whisper to you to reach out to someone close by.
 - How might today be a day where you actively seek out a person in your life who you know experiences loneliness or depression? Call, text, or spend some time with them today or in the near future.
 - Reflect on one way you can turn from the roads of "woe" and create a path where your life speaks strongly the Gospel message to "love one another as I have loved you."
-

For Prayer

*We pray for those who find themselves turning
from the person God created them to be.
May we be given the grace to live our lives*

*according to the tenets of our faith,
and to be a gentle, reconciling presence to those we encounter this day.
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support Us Here



***Do you know someone who would like to receive
Daily Reflections? Please forward freely!***

Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) [Constant Contact Data Notice](#)

Sent by thecsd@csjorange.org