

January 29, 2025

Daily Reflections



HEAVENLY SUSTENANCE

By Julie Mussché

A Quote

“No moment is trivial since each one contains a divine Kingdom and heavenly sustenance.”

JEAN PIERRE DE CAUSSADE, SJ

Reflection

When asking folks how their holiday season went, most have responded, “a blur.” Maybe it was because Thanksgiving was late this year, perhaps it was everything going on in the world. Did it not just seem like the season just came and went in a whisper? And, here it is, almost February.

A sense of “sleepwalking” through the holidays reminds me of the spiritual quest to be present. What are we invited to be present to? Roughly interpreting the opening quote, we are invited to be present to and to savor the Sacred in

the movements of life and experience. How this happens is particular to each of us; even so, here are some ideas to help grow the possibilities.

- Revisit your preferences for processing the world around you. Are you a sensory or intuitive processor? How do you like to learn: visual, audio, or hands-on? Reaffirming our preferences helps us to move to our places of comfort as well as our growing edges to help us pay attention to the tangible as well as to movements of Grace touching our experience.
 - Do you require quiet to focus, or do you prefer activity to help you be in the moment? Lean in to your preference.
 - What catches your attention? What speaks to your heart and spirit? What gives you joy? What energizes your attentiveness? Our ability to pay attention flourishes with our delight; no need to do something as a practice that does not hold interest.
 - An important part of our ability to be present -- life balance. In recognition of the variety of circumstances, an invitation to reflect on where you place your attention: family, friends, community, spiritual self, physical self, creative life, relaxation and intellectual life. There may be other areas in your life to include. Consider where you spend your time in terms of hours in a week. Honoring the fact that there are compelling commitments such as caring for the needs of family members, consider the balance of your life with a spirit of discernment. Is there any area you would like to tend to? Is it a reasonable expectation and do you desire to do so? Heading back to where we started, balance in our lives can help to strengthen our being present readiness.
 - One last offering: approach each day with a pilgrim's heart. Be intentional about being present to each moment and interaction with the ordinary and extraordinary. Be on the lookout for the Sacred in each encounter.
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Brown Wooden Scrabble Tiles on White Surface

Photo by Brett Jordan

For Prayer

*“You make known to me the path of life;
you will fill me with joy in your presence.”*

PSALM 16:11

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