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Daily Reflections



Center for Spiritual Development

WATERS OF LIFE

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

You have visited the land and watered it; greatly have you enriched it. God's watercourses are filled; you have prepared the grain.

Thus have you prepared the land, drenching its furrows, breaking up its clods, softening it with showers, blessing its yield.

You have crowned the year with your bounty, and your paths overflow with a rich harvest;

The untilled meadows overflow with it and rejoicing clothes the hills.

PSALM 65:10, 11, 12-13

Reflection

What captures my attention in this psalm is the word water; without water

humans, plants, and all living creatures cannot survive. As I reflect on water throughout the world, there is both deprivation and too much water. In various parts of the world, sea levels are rising at an alarming rate and whole villages and cities are at risk of devastating floods and vanishing coastlines. For others, catastrophic fires and parched land erode the soil, and rich nutrients vital to plant and crop growth are lost.

Some have raised the flag of caution as water is fast becoming an issue where conflict and fighting arise, as more and more people seek access to clean water to drink and to support their livelihood.

Living in Southern California, I experience firsthand the impact wildfires have on the lives of millions of people, plants, and animals. These fires have wiped out homes, businesses, and whole communities, reducing them to ash. Often these are followed by too much rain, where mudslides and floods continue to devastate property, homes, and roads -- and sometimes cause loss of life.

Climate change is real, and it behooves us all to reflect on how we use this precious natural resource of water. As Christians, we need to continue to educate ourselves on how our behaviors and use of water negatively impact all living creatures on the planet. We've been called to be good stewards of God's creation, and water is such a vital resource, needing our utmost care, attention, and effective stewardship.

In today's readings, Jesus calls us to reconciliation. We have much to reconcile within ourselves and with the way in which we care for water across the globe. If we agree that part of our mandate as Christians is to love one another, then this love must include the understanding that all people have a right to clean water. May our love be expressed in our creative and conscious efforts to steward the precious gift of water to bring forth life for all.



Pyrenes, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Spend some quiet time reflecting on how you use the precious, life-giving resource of water. Ask yourself how conscious you are that this is a vital and finite resource intended for the use of all peoples, creatures, and plants.
- How might you modify your use of water for the betterment of others?
- Reflect on the rich symbolism of water found in our faith. In baptism, water is symbolic in that we are washed clean of our sin and birthed into the Body of Christ, the church. Jesus used water to wash the feet of the

disciples and the woman washed Jesus' feet with her tears. Recall times when water has been a part of a religious ritual or prayer that touched you. Can you name for yourself why this particular use of water was important to you?

For Prayer

*We pray for all those who lack access to clean water.
May we become more deliberate in and conscious of our own use of water.
May those with the power to control access to clean water
be mindful of the needs of the most vulnerable among us
who lack the water they need for daily life.
Amen.*

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