

January 3, 2025



Daily Reflections

SEE LOVE

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's First Reading

*"See what love the Father has bestowed on us
that we may be called the children of God.
Yet so we are."*

1 JOHN 3:1

Reflection

I learned that when offering a reflection or a homily, it is best to draw one single thread to discover God's message for the day. The quote above from the first letter of St. John invites me to **"See the love of God"** dwelling among us.

As the New Year begins, we are given the opportunity to reflect on where and how God's love has been given to each of us. Recall the many glimmers of God's love that have shown in your life and relationships, especially over the

last year. Employing the gift of hindsight, remember, savor, rejoice, and sing in gratitude where light, love, goodness, and blessing shine.

For me: **God's Love is reflected, made visible and tangible:**

... in the faces and gracious presence of each staff member at CSD
... in the voices of family members reaching out in myriad ways
... in the visit of my nephew and his four-year old son
... in the kind words and gestures of my sisters in community
... in morning neighborhood walks, greeting other walkers and their dogs
... in the simple delight of gazing upon beautiful flowers, trees, and gardens
... in watching frisky squirrels and bantering parrots and crows
... in learning of kind deeds and compassionate presence
... in hugs, supportive conversations, and simply being present
... in the silence and stillness of early morning prayer
... in dwelling in silent prayer and inner stillness of God's abiding presence

In this new year I want to be aware, open my eyes, and see below the surface of life to encounter Gods' love and abiding presence. What about you? What do you see that speaks of God's love bringing joy to your soul and delight to your spirit?



Neighborhood Lavender
Photo by Sister Jane DeLisle, C SJ

For Pondering

- How do I see love present in simple and grand gestures, words, and creation?
- What are the blessings of love bestowed on me?

For Prayer

*Creator of all life,
help us enter the New Year reverently,
aware that you have endowed
every creature and plant, every person and habitat
with beauty and purpose.*

*May we regard the world with tenderness.
May we honor rather than destroy.*

FROM POEM BY VINITA HAMPTON WRIGHT

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