

Stay connected

In Louisville, at the corner of Fourth and Walnut, in the centre of the shopping district, I was suddenly overwhelmed with the realization that I knew all these people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness, of spurious self-isolation

Thomas Merton

It all depends on your point of view”: you can live as if the world is against you- and the result will be a constant struggle and fighting - and possible paranoia.

You can live as if the universe is largely an indifferent place. This will be better than the first option - but while it may lead to a certain responsibility and creativity - it will still breed fear and anxiety.

Or you can live as if reality is fundamentally gracious –

that it provides opportunity –

despite bad things happening –

for growth, life, love, laughter and hope.

This leads to a radical trust,

delight in the “hidden wholeness” of humanity.

And to “spending and being spent” for the sake of others.

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