

Approaching Life

The mysticism of everyday life

Karl Rahner

To look and find God in everything.

Ignatius of Loyola

*Do you want to understand our Lord's meaning in this experience?
Understand it well: love was His meaning. Who showed it to you? Love.
What did He show you? Love. Why did He show it? For love.*

Julian of Norwich

God graces us with all the gifts of creation.

God gives life to all; things.

God works in and through all things.

God lives within us, giving us everything we need.

Love's exchange - uncovered in Jesus - is that as beloved, we receive, and as lover, we give.

What matters is how we live our lives. "Love ought to manifest itself in deeds rather than words" (Ignatius).

What are you doing to maximize your attentiveness to the God who encounters us in everything?

How are you fostering this disposition of "availability, welcome, receptivity"?

Philip Carter is a retired Anglican Priest. He was the inaugural president of the Australian Ecumenical Council for Spiritual Direction (AECSD). He ran the Julian Centre in Adelaide, an independent and ecumenical centre for spirituality, from 1997-2009.

Contact: juliancentre@gmail.com

“Love is mutual and responsive”. (Ignatius).

**Is your life characterized by self-giving,
or at least the desire to make a sincere and full gift of yourself?
Can you name when and where love is touching your life?
When love is inviting you forward?
If love is life’s meaning - are you in touch with your inner depths
and listening to the contemplative moment in your life?
Do you allow room and space for yourself?
Can you “waste time” in God’s presence?
And your own?
Do you allow time for sleep, recreation, leisure?
How do you feed your soul?
Are you your own best friend?**

*I must give others not only something that is my own, but my very self;
I must be personally present in my gift.*

Benedict XVI, *Deus Caritas Est*

*....It is the slow and difficult
Trick of living, and finding it where you are.*

Mary Oliver

Philip Carter is a retired Anglican Priest. He was the inaugural president of the Australian Ecumenical Council for Spiritual Direction (AECSD). He ran the Julian Centre in Adelaide, an independent and ecumenical centre for spirituality, from 1997-2009.

Contact: juliancentre@gmail.com