

## Meditation July 12<sup>th</sup>. 2022

### *Constancy*

I love television drama. However, recently and constantly, I am horrified by the number of characters who sit down to eat before washing their hands!

I was reminded of this when I read ‘‘ Contemplation reconnects us to ourselves, to God and to others. It helps us to forgive and to heal our souls – as basic as washing our hands – an antidote to the minds vulnerability to toxic emotions.’’

The Cloud of Unknowing. Anonymous  
(this translation by C. Butcher)

My thoughts had been concerned with my lack of constancy. I have been frequently lapsing into selfish and independent thinking. Realising that my mind was preoccupied with my immediate needs, I was losing time spent in His presence. I found myself disconnected. Unexpectedly, finding I was limited and alone. Pinned down by my concerns and problems, large and small.

Over the years and wholeheartedly, I have been prompted through faith and involvement with groups and individuals, to read more and more. Subsequently, writing to share our understanding and in preparation for continuing work and study. Selfishly, lately, it’s taken increasing effort to take time and focus. As I approach the task the words I read have fully, though gently, chastised me and brought me back ‘‘into the fold’’.... The text required, when confronted, not only being a wonderful reminder of where I should be in my thinking, but also provides me with answers and encouragement to complete the task – spurred on to seek more and read, bringing greater understanding.

‘‘ We may be unfaithful but God is always faithful for He cannot disown Himself.’’  
2Timothy 2:13

The Cloud of Unknowing, , speaks of ‘emptying your mind of everything except the naked intent of God’

The story of Mary and Martha illustrates Mary’s undivided attention to Jesus on this occasion:

Both faithful followers of Jesus; Mary sat at the Lord’s feet while Martha was distracted by her tasks. She complains of her sisters lack of help. The Lord says:

‘‘Martha, Martha, you are distracted by many things. Mary has chosen the better part, which will not be taken away from her.’’  
Luke 10:38- 42

R. Rohr says: 'Do not remain stuck, trapped and addicted to yourself. Being independent is all about denial. It's lazy and unfulfilled. One can feel foolish and rejected – in a cloud of unforgetting. Being, close to our loving Father, His love, unearned, is constant. You are accepted.'

'It's like rain that saturates the soul.'

Theresa of Avila.

We need contemplation because we jostle for an inch or more for room in our lives. We struggle to keep up with technology. Who doesn't feel the rush through the day – pressure to produce. Our frantic pace is like poison, to our holding hands with those we love.

We need to expose ourselves to the twin experiences of patience and nourishment.

'Not one of us can practice contemplation without God the initiator, and he asks nothing from us but our consent. The point is that in all we do, good, bad or contemplative, we can do nothing without him.'

'He wakes our souls up and we must allow him to act in us.' Cloud of Unknowing

In times of suffering we are clothed in nothing but God alone – His grace. It touches and changes us.

Open to this simple awareness of God. He is our inspiration and power.

'You can do nothing without me'

John 5:30