

# Called to *mystical* Attentiveness



Priority  
**M3**  
STORIES

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## Enhancing a sense of Marist identity in individual members

In thinking about mystical attentiveness I am drawn to the opening words of Psalm 61 'In God alone is my soul at rest; my help comes from him'. I find true peace when I feel I am experiencing God, more significantly, when I feel God is taking me by the hand. So often my mind is racing and my passion urging me to work through a task to its completion. It is only when I feel I am through this that I can really pause, sit still and listen.

Our Church offers wonderful guidance in this process through the preaching of the Word and its sacramental life. Our Marist Association too is increasingly providing a discerning community of people attentive to the movements of the Spirit, seeking peace through justice.

Desiring mystical attentiveness impels me to choose what and how much I take on and when. Keeping a good life balance has to do not only with the physical, but also the contemplative. Only then can I find space to enjoy deeper, rather than routine, reflection and prayer. Having a regular pattern to my day helps, with the assistance of online reminders, as does the discipline of planning ahead. I want to show God my appreciation by playing my part in fulfilling His plan for me. Mystical attentiveness is the way.

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