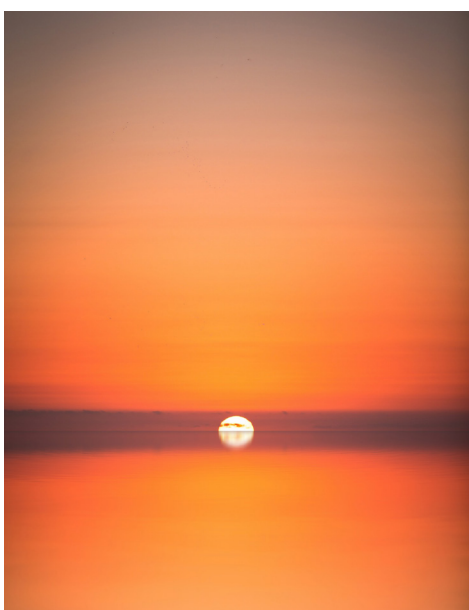


Marist Minute



My brother is a keen cyclist. A recent biking accident left him with some serious injuries. Would he get back on that bike? It took some time, but yes, absolutely. He loves the thinking time, the exercise, the rush of the wind in his face, the coffee with mates at the end. I'm not much of a cyclist. But during Covid thought it would be something different to do. So I dusted off the old bike and ventured out on the local bike track. I needed a few practice runs first though as I was a tad nervous. The bike riding memory kicked in and I was off, albeit slowly. I think my faith and spirituality has taken a bit of a knock during Covid. Like my bike, my faith has been gathering dust in the garage. Social distancing, isolation, fear and disruption have kept me away from people and places that nourish and sustain my faith. Church was 'closed'. With Advent around the corner maybe it's time to refresh and reconnect.

In his homily at Easter this year, Pope Francis offered a message of hope and new beginnings. "In these dark months of the pandemic, let us listen to the risen Lord as he invites us to begin anew and never lose hope," he said. "It is always possible to begin anew, because there is a new life that God can awaken in us in spite of all our failures." Jesus encourages us to 'get back on the bike' with our faith journey. Take time for reflection, for prayer, feel the wind of the spirit lifting your soul; time to be with one another; time to refresh the body, mind and spirit. "Come to me all who are weary and burdened, and I will give you rest" Matthew 11:28



Journal Questions:

How is God awakening the 'new' in your life?

What needs to have the dust blown away, to be rediscovered?

