

# TRINITY NEWS

## **Pentecost 19 The Heart Has its Reasons...(Pascal)**

The commandment to love God with heart, soul and mind is not only the first commandment in the Decalogue. It is also at the heart of Jesus' teaching. The wise ones always knew that love was at the heart of God. They knew this from experience. If love was not found in God, then the whole human enterprise fell apart. This assumption was not based on any fanciful gathering of pretty words. It was grounded in their own day to day experience of life itself. The Spirit of God speaking through that experience is the greatest Teacher of all.

“Faith is to believe that which you do not yet see; and the reward of this faith is to see that which you believe” (Augustine of Hippo)

We love God because God first loved us. We get up each day and enter the daily round. Many thoughts whir around in our minds as we meet the people who will pass before us this day. Some will bring a smile and a word of good cheer that will enlighten our day. They will also lighten some of the burden that we are always carrying. Others will confirm our negatives and keep us where we are, at our limited best.

Christ linked love of God and love of neighbour as an indissoluble union. Loving our neighbour means letting go of some of the hurts that others have inflicted upon us on the way. We are rarely aware of the burden that such hurts place upon us.

**It may be a “lightness of being” to sit in a chair for half an hour and go through your life and pick out the people who have caused you hurt. Write down their names, bring their faces before you, recognize the hurt, and then make a very conscious effort to say that you let it go. You may then suddenly feel a huge weight lift off your chest. It is sometimes accompanied by a huge sigh of relief that almost lifts you out of the chair. This must be accompanied by a conscious effort to do the same thing when the matters arise again. Psychic burdens are like a horse carrying a heavy weight in a race. It must be great for it to finish the race and have the saddle with its weights taken off, as well as the dismount of the jockey! But we are condemned to go on “running the race”, day and night! \***

**We must also face the fact that we have hurt others, and often in response to those who have hurt us. This too must be dealt with one by one, recognized and let go. You will actually feel 'lighter'!**

There are no non-ethical matters in human relationships. Negatives return negatives, and positives return positives. But there are many nuances in such matters. Loving God draws out the best in us. Loving our neighbour may sometimes take a little longer!

**Bishop Arthur Jones**

\*I am indebted to what is called the Sedona method for some of this process.

**TO PLAN:**

Tuesday, October 25.

- Bible Study, 10am
- Group Discussion @ the Tutton's, 7:30pm [#3 Sta. Potenciana, Urdaneta Village, Makati]  
*SUBJECT: The Search for Truth*

October 27, Thursday.

- Midweek Eucharist, 10am, Chapel

**NEXT SUNDAY'S READINGS:**

Micah 3:5-12; Psalm 43  
1 Thessalonians 2:9-13, 17-20  
Matthew 23:1-12

**REMINDER: CANDIDATES FOR CONFIRMATION.**

Class resumes on  
**November 6.**