



# OUR LADY *of* GOOD COUNSEL CATHOLIC CHURCH

## Fr. Matt's Musings February 7, 2022

### *Humility – Honest Self-Assessment*

I have mentioned before how Francis de Sales loved humility as one of the little virtues. It is grounded in gratitude, strengthened by trust in God's great love for us, and anchored in a courageous honest assessment of ourselves: grateful for our gifts, talents, successes, loves but never arrogant or overstated in our self-importance. It is equally true that we are as honest about our weaknesses, limitations, faults, failings but never without the perspective of how all of those pale in comparison to the supremacy of God's forgiveness, compassion, and mercy. Humility also forbids us to understate our value and worth.

One aspect of humility for me now is loss. I have about ten pairs of reading glasses which I strategically place throughout the rectory, office, and car so that I always have access to them. Inevitably, I find myself without a pair of reading glasses. The same can be true for finding keys, a wallet, or a phone. My only consolation is that others tell me I am not crazy because they have a similar experience.

Loss is a spiritual experience. The Scriptures tell us of lost sheep, prodigal children, wayward followers, and other moments of lost focus and direction. Loss is also personal. Lost moments, opportunities, and the loss of relationships are very real and painful. Parents need to come to terms with their limited power to protect their children. With age comes the loss of physical abilities, health, and even the fear of memory loss. Sometimes, it is difficult to be grateful during these times.

The Salesian virtue of humility calls us to be gracious at these moments. Gracious acceptance of the changes in life marks a humble person. Our challenge is to always grow, for Francis reminds us that there is no neutral in the spiritual life. We are either making progress or regressing. Be patient with all, above all, yourself (SFS). This is not an excuse in life but permission to adapt and change and trust that God who has begun the good work in us will bring it to completion. A good laugh and not taking ourselves too seriously can also be a good remedy.

**Live Jesus!**

Fr. Matt

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*Moving Forward Together in the Service of God*

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