



OUR LADY *of*
GOOD COUNSEL
CATHOLIC CHURCH

Fr. Matt's Musings April 21, 2018

The W and OD Trail

Outside of church and school, I run into parishioners at Giant, Fresh Market and Vienna eateries. I also see our members when I am on the W and OD trail during my old man workout which I like to call interval training (running/walking). Just as it builds my faith to see so many OLG members at Mass each week, it also gives me an extra push to get out on the trail and exercise knowing that many of you are already there. And for purposes of this musing, it gives me a few spiritual reminders:

1. Life is about makeovers. The trail was not meant as an exercise path but as a travel route. How often in life do we need to adjust, reinvent or rediscover where we need to go, to see ourselves differently or to be open to what is unplanned for or new? How open are we to the changes that present themselves to us?
2. The trail is marked. I enter between the markers of 10 1/2 and 11 miles. Markers are important. We need to honor the markers in life: not just anniversaries and birthdays but also moments of great forgiveness and decisions to renew love: spontaneous cards sent and flowers given. Pay attention to and choose to honor markers for those whom we love.
3. Where we are going is important but so is where we have been. If I go west to the 12 1/2 or 13 mile marker, I know the wind will normally be a headwind. I like that to hopefully have a tailwind on the way back. But heading east reminds me that life does not always guarantee where the winds will blow. What is a given, at some point, I need to turn and to come back to where I started. Francis de Sales tells us to bloom where we are planted. Drifting, meandering, roadblocks are all part of the spiritual life,

but I and we are called to come back always to where we are and to transform our zip code, 22182 (mine), by the love we show each day.

Live Jesus!

Fr. Matt

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