



Fr. Matt's Musings

August 10, 2018

Washington's Hot, Hazy, Humid August Days

Visitors to Washington from other areas of the United States and other parts of the world may not be prepared for the heat and humidity they encounter in the dog days of August. Having grown up in Alexandria, I explain to others that you never get used to it; you simply prepare for it, knowing that it is coming.

In the spiritual life, in contrast to hot, hazy and humid, many of us pray for cool, clear and comfortable in our spiritual journey. There is no such guarantee. Most of us experience periods of heated, emotional moments, hazy and confused times, and heavy experiences that drain our energy and tire us.

In track, the 100 yard dash is a direct run without any turns or bends, but there are no other such direct races. Our spiritual lives have dashes of clarity and confidence where life seems to make sense. Many other moments have bends, twists and turns. That is the spiritual journey: tortuous, uncertain, exciting but unpredictable.

It is August in Washington. With every humid day, let us bring our heavy spirits to the Lord, seeking the comfort and assurance of God's abiding, healing presence. With every day in the 90's, let us pray for the comfort and refreshment of the Lord's love. Finally, on those hazy days, we offer our doubts, questions and confusion with the consolation that all the saints experienced the same. Happy August!

Live Jesus!

Fr. Matt

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