



Fr. Matt's Musings

February 16, 2018

Slowly

One of the most popular songs this past year was, *Despacito*, Spanish for slowly. It has received over two billion hits on Youtube. Although the lyrics move in a different direction, I do think that it is good advice for the spiritual life as well. Adopting the tortoise and not the hare seems to mirror much of the spiritual progress that takes place: slowly, steadily but unpredictably. Saint Francis de Sales reminds us that doing one thing well is better than starting a variety of different tasks and not completing any of them or only partially completing all of them. He also says that when we practice one important personal virtue: patience, understanding, prayerfulness, generosity, humility etc., that one virtue seems to bring the others with it.

What is one area in our life that we would like to change? Do we lose our patience too quickly? Do we procrastinate too often? How about judging too easily? In the Salesian tradition, think about practicing the corresponding virtue: gentleness to help with impatience, determination for procrastination and compassion for being judgmental. There are times when we need to go quickly and to respond as best we can. For other times, let us try to be deliberate, concerted and focused on that one task, that one person who needs the very best of us at that moment.

Live Jesus!
Fr. Matt

P.S. - Happy Holiday Weekend!

Fr. Matt Hillyard

frhillyard@olgcva.org
www.olgcva.org

Our Lady of Good Counsel
8601 Wolftrap Road
Vienna, VA 22182

You're receiving this email because you have expressed an interest in OLGc Catholic Community.
Please add frhillyard@olgcva.org to your address book so we'll be sure to land in your inbox!

See what's happening on our social sites

