



## Fr. Matt's Musings

May 19, 2017

### *The Importance of Showing Up*

I once read an intriguing homily, the title of which was, "For a Homilist Uninspired by the Readings." That title stays with me as I wrestle with the readings in preparation for a homily because sometimes I find myself struggling with those readings. But I know that many Catholics can leave Sunday Mass with a longing to have something inspirational to take with them from the homily, and that does not always happen. To preach or receive an inspirational message is a gift that needs to be worked at, but there are few guarantees. Inspiration is an elusive gift. It cannot be controlled; it can only be the goal and celebrated when it arrives.

One control we have in achieving that goal is to be present, to show up in life. Being present provides the opportunity to be inspired, connected, surprised, challenged, and also to be let down, disappointed and frustrated. But absence takes us out of the equation and the opportunity for inspiration and connectedness. Showing up is certainly about Mass but about all the other moments of our week. Woody Allen wrote that life is ninety per cent showing up. There are very good reasons for absenting ourselves at times, but let us challenge ourselves to make the ninety per cent be our goal: to be there, to show up, to offer our true and unique gift, the gift of ourselves.

Live Jesus!

*Fr. Matt*

[frhillyard@olgcv.org](mailto:frhillyard@olgcv.org)

[www.olgcv.org](http://www.olgcv.org)

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

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