



Fr. Matt's Musings

Salesian Perspective

Spiritual Neutrality. St. Francis de Sales writes that there is no neutral in the spiritual life; we are either advancing or regressing. However, I find that quite often, many of us feel that we are "stuck" at different moments in our spiritual lives. We may experience that we are neither making progress nor serious missteps in our spiritual journey. At these moments, I tend to return to the two Salesian virtues of humility and gentleness. For humility, it takes the form of gratitude, and for gentleness, that of generosity. I believe that the reason these two virtues work so well and consistently is that they take us out of thinking about ourselves and move us to thinking about others. Gratitude always moves us toward God and our need to be in awe of the God who loves us. Generosity shows us the importance of taking care of one another. I hope that this may also be beneficial to you. Being spiritually "stuck" is a call to move from the world of me to the bigger world of the God of love and mercy and the needs of others.

November

November is a natural month to reflect on the importance of gratitude. We have the American holiday of Thanksgiving with its simple focus on counting blessings and enjoying a meal with family and good friends. In our Catholic tradition, November is also the month to remember our beloved deceased. We give thanks to God for those who have gone before us and have helped us to be the people we are today. This November, let us dedicate ourselves to gratitude and pray for generous hearts to have open eyes and hearts to reach out to those who are in need.

Takeaway

*Lord, you have given us so much.
Give us just one more thing,
a grateful heart.*

Live Jesus!

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