



## *Reflection from Fr. Garry Richmeier*

A little girl and her parents went to the pet store to choose a pet. The little girl fell in love with a young bunny. She insisted on carrying it home herself, so they wrapped it in a small blanket and she cradled it in her arms for the ride home. She was so in love with the bunny, and so worried it might escape her grasp, she hugged it tighter and tighter. Unfortunately, the embrace was too tight, and the bunny didn't survive the trip home.

It is a sad story, but one that we humans tend to repeat over and over. We find something desirable, like some form of pleasure. Or we find a person we fall in love with. Or we find an activity or a skill or a job which we say is "us." Almost immediately we realize that it is possible that we could lose whatever it is that we've latched onto. So we hug it tighter. We overdose on the pleasurable thing. We become controlling and jealous of our significant other. Or we work 80 hours a week for fear we might lose our job if we don't. If that happens, we turn what we loved into what we loathe.

The way to free ourselves from this dynamic lies in detachment. Detachment entails an honest recognition that nothing lasts, that everything is impermanent. With that realization, we do not waste our time hugging tightly to things with the hopes of making them permanent. We are then free to enjoy them to the full. Our relationship, our job, our fun activity remains life-giving because we do not kill it with a desperate death grip. Detachment also requires faith that if something we value does come to an end or disappears, God will be there to give us what we need to survive, and even thrive. With this faith/trust, we can relax, enjoy life, and worry much less about what the future holds.

*~ Peace,*

*Fr. Garry*