



Reflection from Fr. Garry Richmeier

"Sensory adaptation" is the tendency of the brain to get used to a constant sound, sight, smell, or some other stimulus, so it doesn't drown out other things we need to pay attention to. For example, we get used to the sound of a ceiling fan or the sound of air conditioning, and we no longer notice it as we focus on other things. That prompts us to interpret those constant stimuli as unimportant compared to other things. But of course, on a hot day, that ceiling fan or air conditioning is very important, even if we don't pay attention to it.

The same thing tends to happen with our routines. Things we do and see everyday -- like doing dishes, or driving to work, or drinking coffee with our spouse in the morning -- tend to fade into "ordinariness" and seem unimportant. But in reality, every moment, every experience is new, unique, and will never be repeated. And each activity, each conversation, each view on the way to work is a gift from God. As such, we have the ability to perceive God's presence in each moment if we are awake to it.

We celebrate the feast of the Transfiguration this Sunday. Jesus takes Peter, James, and John up a high mountain, and there they get a peek of the extraordinary presence of God which they had previously missed because they were used to seeing Jesus as ordinary. The Transfiguration can be a reminder to us to treat each moment, each activity, each encounter with another person, as an extraordinary opportunity to experience God's loving presence. With this awareness, there is no such thing as an ordinary, unimportant moment in our day.

Peace,
Fr. Garry