



Reflection from Sr. Rose McLarney

Scripture has a key message for us and sometimes it takes some time to realize that message. This Sunday the message is foundational and straightforward. We are to turn from idols and serve the living and true God. How do we do this? By accepting God's love for us and all of creation and in turn loving God and all creation. Ilia Delio, OSF in her book *Ten Evenings with God*, suggests taking a full day and being aware of the ways God is loving us that day. There are other ways of doing this same thing. At the beginning each day, ask for the grace to realize God's love. At the end of the day, write down what you remember.

Realizing God's unconditional love each and every day leads to wanting to love others and all creation unconditionally even your enemies. You can express that love in many ways: kind words, other expressions of love, advocacy for those who are not able to speak for themselves, treating the earth with respect and healing, being there for those who are oppressed and discriminated against, and so much more. Reflecting at the end of the day on how you have been loved brings even more praise for God. Awareness of God's forgiveness leads to appreciation of others and makes you loving person.

Peace,

Sr. Rose