

Wednesday Thoughts



Under the current circumstances and the restrictions now imposed on thousands due to the evil that has invaded the world this final of the nine Fruits of the Spirit is possibly the most difficult of all to swallow –

Self control

I don't know of anyone who takes pleasure from being confined in a small space, for any length of time cheek-by-jowl – even with the people they love and care about the most. Sadly that has become vital as we are called to survive this evil that has all human life in its grip in order for our survival.

As we were reminded earlier that kindness and generosity are so important right now, in order to stay focused on those two assets self-control naturally comes into play. Noisy children, often irritable and demanding old people, self-opiniated individuals, and lots of other human failings and characteristics can drive us round the bend and all we need is to get away to a quiet and still place on our own. No longer possible so all that's left is self-control – not to lash out with tongues or even fists. So much temptation is experienced so it's vital to get a grip and control ourselves.

We know it will not last for ever, but while we are in these dark times let's not lose the value of both hope and prayer – without them life surely loses its meaning.

We all have telephones – let's use them each day and talk – talk about good and happy memories – talk of plans for this release from captivity and talk to share anything that comes to mind – it will all help to keep things under control

Blessings to everyone