

Dear Friends,

*“Create a clean heart in me, O God,
renew in me a steadfast spirit.”*
[Psalm 51.12]

The process of conversion is an arduous one. The theologian Hugh Connolly describes it as *...a complete overturning of one's life; the sinful and disintegrative spiral is jolted to a halt with the aim of reversing the conversion 'ad creaturam' (to the creature) toward a renewed conversion 'ad Deum' (to God).*

The dynamic is quite simple. We are converted from ourselves to God. It is quite something else in the doing. There is an initial disorientation and a sense of then gathering up the fragments of one's life.

What follows, of course is an experience of God's mercy and the forgiveness of failures. In this moment of true reconciliation one has a sense of the 'Other', of being grasped by God.

Those going through the experience comment about the physiological effect of feeling an intense heat reaction in their body. This would make sense as sinfulness is literally burnt away. From this, peace always follows.

In this process our hearts and our lives become something else. We move from solely relying on ourselves to relying on God.

Oh how a life can suffer from its own hardening and numbness....

When a person's heart softens and loses its numbness he actually brings about his own liberation. Like all surrender that is not prompted by creative assent this can be painful business. But it is restorative and a step toward freedom – the torrent at last finds an outlet to its own ocean. The overcoming of icy isolation, of lack of

love and self-sufficiency – that is the task of the Holy Spirit in us. [Father Alfred Delp, S.J.]

What a blessing!

Sincerely,
Father Beaudin

The Goodness of Creation

At the same time I saw this bodily vision, our Lord showed me spiritually in a vision how intimately he loves us ... And in this vision he showed me a little thing, the size of a hazelnut, lying in the palm of my hand, and it was as round as a ball ... I looked at it and thought, "What can this be?" And the answer came to me in a general way, like this, "It is all that is made." I wondered how it could last, for it seemed to me so small ... I was answered in my understanding, "It lasts, and always will, because God loves it; and in the same way everything has its being through the love of God."

[JULIAN OF NORWICH]