

Dear Friends,

“The Spirit comes gently and makes himself known by his fragrance. He is not felt as a burden, for he is light, very light. Rays of light and knowledge stream before him as he approaches. The Spirit comes with the tenderness of a true friend and protector to save, to heal, to teach, to counsel, to strengthen, to console. The Spirit comes to enlighten the mind first of the one who receives him, and then, through him, the minds of others as well.”  
[Saint Cyril of Jerusalem]

*action which cannot of itself do you anything but good.*

Sincerely,  
Father Beaudin

One of the primary questions of the spiritual life is – How do we know that what we are doing is what God wants? The answer to this question lies in our cooperation with God’s will and God’s will has so much to do with the everyday events of our lives.

The call is to recognize God’s presence in the people and situations that make up our everyday life. God’s will is not harsh and brutal. Actually it has a gentleness to it that Saint Cyril of Jerusalem serves to highlight in the above quote.

God always leaves room for our free will, never interrupting or invading it. He only desires our good and brings those things and people into our life, which furthers this end. All that is necessary is that our eyes and heart be open to see and receive.

Father Jean-Pierre de Caussade writes - *Everything leads to union with God, everything perfects you, except sin and what is outside your duty; all you have to do is to accept everything and let God act. Everything directs you, keeps you straight and carries you along. Everything is in the hand of God.... Your life flows ceaselessly in this unknown abyss where all you have to do is ever to love and esteem as best what is present to you, with perfect confidence in God’s*