



Faith Matters

Simple reflections on our faith

by Marilyn Bergeron

The Seasons of Our Lives

I think Fall is my favorite season. I love the changing colours of the trees, the crunch of dried leaves underfoot. It reminds me of times watching my children gleefully jump into big piles of leaves. Their laughter was pure joy.

I really don't like the cold of Winter. Still, waking up after a heavy downfall of sparkling white snow creating such beauty really does lift my spirits.

Spring is delightful as we watch the slow growth of buds explode almost overnight into a canopy of green trees. The weather warms up.

With summer comes the heat, the search for beaches and pools. For many, it's a time for vacations and outdoor family gatherings.

God created all this amazing world for us.

WINTER

The time filled with trials or silence in prayer is known as **"The Winter of the Soul"**. Things just aren't going well for us. They may be times when we just can't seem to pray,

where God seems distant, when we feel alone. They may be times of life struggles. This season teaches us to trust in His promises even when we don't see or feel them.

Mother Teresa spent years in this silence of God. She says "In the silence of the heart, God speaks. Only then you will realize your nothingness, your emptiness, and that God can fill you with Himself."

God is always with us.

SPRING

The season of **Spring, or "Growing"** is about new beginnings, deepening our faith. We feel drawn to join a new prayer group, offer service in some way, step out of our comfort zones.

Our Archbishop has asked us as parish communities to "Go out, Go Deep and Go Together".

Take that step. It might mean something as simple as offering to greet people at the Church doors, or a commitment to attend

Mass during the week. We may even sow seeds for something we would love to do when God, our good and generous Father says "Now is the time!"

SUMMER

"Summer" is a season of rapid growth. Questions are answered, our direction seems clear, new opportunities have opened.

This is the time to share with others the spiritual fruit of our efforts.

- Invite people to join you in Adoration, or
- Bring a neighbour to an event at the parish.

When we feel closer to our Lord, we grow in humility recognizing that it's not about us...it's about HIM!

FALL

Fall is the time for the **"Harvest"**. We celebrate success and share our blessings. We tuck these memories into our hearts so that when the next "Winter" comes, we remember all the blessings we have been given.

The spiritual life is a cyclical process of maturing so we can become more and more like Jesus. It doesn't happen overnight nor in the same way for each person. We are all unique and so our path to God is also unique.

Don't rush the seasons as they come and go in your life. They are part of God's plan to draw us ever closer to Him. He will never abandon us. He is simply helping us to grow nearer to Him.



Praise the Lord!