

10 Weeks of Franciscan Virtues

October 7 - December 25

Week 6, November 18-24



The thought for this week is **Mindfulness**. Author James Baraz said, “Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).”

Mindfulness is not thinking, interpreting, or evaluating; it is an awareness of perception. It is a purposeful, nonjudgmental state of mind which does not anticipate the future or reflect back on the past. Any activity can be done with mindfulness – talking on the telephone, cleaning your home, driving, working, and exercising. Being mindful, you are fully present to this moment – which is the only moment you have – being focused on what you are doing, knowing why you are doing it.

Although this blessed man was not educated in scholarly disciplines, still he learned from God *wisdom from above* and, enlightened by the splendors of eternal light, he understood the Scripture deeply. His genius, pure and unstained, penetrated *hidden mysteries*. Where the knowledge of teachers is outside, the passion of the lover entered. He sometimes read the Sacred books, and whatever he once put into his mind, he *wrote* indelibly *in his heart* ... He affirmed that it was easy to move from self-knowledge to *knowledge of God* for someone who searches Scripture intently with humility and not with presumption. He often untangled the ambiguities of questions. *Unskilled in words*, he spoke splendidly with understanding and power.

[The Remembrance of the Desire of the Soul, Thomas of Celano, Ch. LXVIII]

Psalm Fragment:

“The Lord has been mindful of us;
He will bless us; He will bless the house of Israel;
He will bless the house of Aaron.” ~ Psalm 115:12

Reflection Question: Are you mindful in each of the daily tasks you undertake? Or, are you distracted and allow your mind to wander?

Action for this Week:

Practice being mindful in every activity you undertake. Avoid multi-tasking and focus on mindfully attending to one activity at a time. Notice how you are feeling as you are being mindful. Journal your experience.

Prayer for the Week:

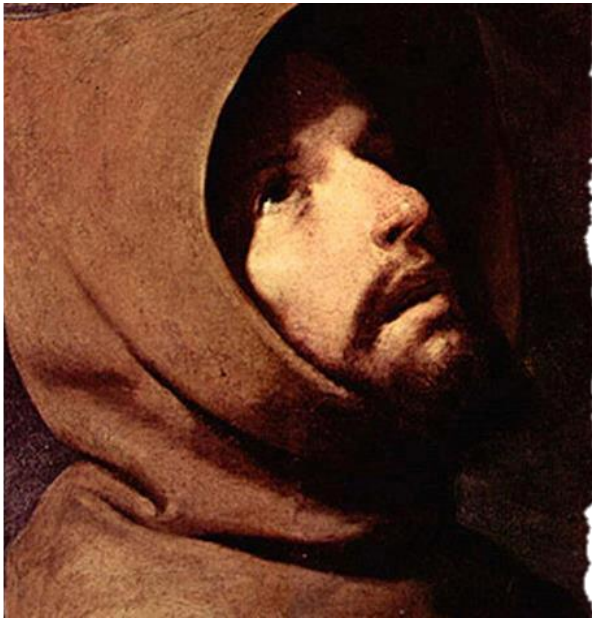
Lord Jesus, give me Your peace.
Give me confidence in the depths of danger.

Give me hope when I am surrounded by fear.
Still my worries, calm the anxieties pressing in
on me from the world I live in.

Lord Jesus, give me Your presence.
Reassure me that You are with me
when I seem alone. Ease my doubting.

Lord Jesus, give me Your peace.
Guide my searching for peace, so that I may not
seek it where it is not to be found, but
I may seek it in You.

Lord Jesus, live in me and give me Your peace.



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