

**The Church / World are in crisis! What to do? – Doing our best is a good start.**

“Christ is risen! Alleluia!” That is a traditional Easter Season greeting – Response: “He is truly risen! Alleluia!”

Dear sister or brother in Christ, you are a good person, a caring woman / man, a beloved daughter / son of God. In the meantime, please remember that life is like the ocean with waves constantly coming in, sometimes little, gentle waves, but sometimes more turbulent, disturbing, larger waves. So it is with our daily lives, and we need to expect that and be at peace with it; besides, change and variety make life interesting and at times exciting.

More important, though, is for us to remember to pay attention to the laws of the supernatural world as well as the laws of nature. In the natural world we know our body needs sleep, proper nutrition, lots of water to drink each day as well as to bathe, proper clothing for comfort and safety (even more important than fashion), and health and care for illness and injuries. We also need exercise and time to breathe fully, such as in taking a walk, even for just a few minutes several times a day, just to change the atmosphere and soothe our emotions.

It's not so important to get everything perfect... but to do little things as often as you can during the day to care for yourself. Each little thing you do to care for your own life, is an authentic act of love and of caring, which begins with ourselves and extends to others and to God. Caring for ourselves becomes selfish when we ignore or reject others to make our own concerns exclusive, shutting others out. Caring for ourselves while we also care for others is not only good but essential. It is a duty to care for the priceless gift of life God gives to us with each breath we take, each beat of our heart, each thought in our mind, and each movement of our soul.

When we disregard any of these laws, we immediately pay the price. It is very human to make mistakes, to forget, to get preoccupied and to neglect. As soon as you become aware that all is not well, or you feel an ache, or you feel tired, or you begin to feel upset, or anything at all, just be gentle with yourself and admit to yourself what seems to be going on. For example, "Oh, hello Self, it seems like we have a pain in our lower back, doesn't it? Okay, let's get up and walk around and see if that will relieve it. Self, I realize I have been sitting for a few hours and working away, forgetting all about you. I'm sorry... let's do what we can now to make it better."

That's just a silly example, but maybe not so silly. There is value in taking your own life seriously and making little efforts to care well for yourself, not letting anything or anyone rob you of your interior peace, where you choose to live in an atmosphere of caring for yourself but also for others, and of course, always for God.

The supernatural world, the domain of God or his Kingdom, also has laws. One good example is forgiveness. If I refuse to forgive anyone at all for whatever reason, I am closing the gates of my heart and then the forgiveness of God cannot enter into me. We don't have to like those who hurt or offend or abuse or misuse us, but we are all living under the law of universal love, which requires us to love everyone in the same way that we ourselves are loved by God, that is, with no conditions at all, which also means forgiving others their offenses against us.

God is like a good parent who continues to love a criminal child now grown up, but who resists allowing that criminal to do any further harm, allows them to suffer the consequences of their bad behavior, continues to talk kindly to their criminal son or daughter with understanding, merciful love, gentleness and forgiveness. God our Father treats each of us with extravagantly patient love and mercy and He calls us to also live in this way by his grace and to treat others with the same merciful love and forgiveness balanced with truth and justice.

Another law of God's domain is trust. God is the only Being in the universe who is fully worthy of our trust; as Jesus demonstrated when dying on the Cross. He asked the Father to forgive his betrayers, executioners, and mockers, even giving the Father an excuse on their behalf – "for they know not what they do." God could do no more than all that He has already done and continues to do for us moment by moment. The Father, Jesus his Son our Lord, and the Holy Spirit are eminently worthy of our trust. We need to put this trust into practice, moment by moment, all day long, for God to be able to bring his order, peace, love, and joy into our lives.