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## Fr. Matt's Musings

### May 24, 2019

St Francis de Sales had a fondness for the virtue of patience. He is known as the gentleman saint and was noted for his respectful interactions with others and his gentle nature. The internal reality for him was very different. He had a temper and battled his anger for many years. He would not allow himself the satisfaction of an outburst and throw away the years of taming and controlling his anger.

Patience would be a wonderful virtue to rediscover. It could bring civility back to our public discourse. It could also change our daily living in many circumstances. I find that patience is frequently lost when I or we lose control over a situation: delayed flights, beltway traffic, standing in line, looking for parking and how others' actions interfere with my day.

Francis tells us to be patient with all, above all ourselves. Maybe a twist on that can be, "Matt, be patient with others but be more patient yourself."

Live Jesus!

*Fr. Matt*

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