



OUR LADY *of* GOOD COUNSEL CATHOLIC CHURCH

Fr. Matt's Musings

July 11, 2020

Gratitude is not only the greatest of virtues, but the parent of all others. ~ Cicero

This quote from Cicero highlights the importance of gratitude in the spiritual life. St. Francis de Sales says that gratitude is the beginning of humility (one of his favorite virtues) because it recognizes that all we have and are gifts from a loving and generous God. Even though gratitude is essential to a fully lived Christian life, our tradition tells us that love is the greatest of all the virtues and the parent to all the others.

I realize that I have gone sometime now without sending a musing. I apologize for that. I have to admit that I have been in a period of numbness from the quarantine, uncertainty, and months of separation from staying in place. It has also affected my spiritual life, and I have found myself wondering what words to write. During these moments, I try to make a change by leaving my numbness and practicing one of two "g"s (or both) - gratitude and generosity.

Gratitude helps us to count our blessings and to give proper thanks to our good and gracious God. Generosity helps us to live out a quote from C.S. Lewis: "Humility does not ask us to think less of ourselves but to think of ourselves less. Even during a pandemic, we have the opportunity to practice these two great virtues. Most of us have had the experience of being tired, feeling blue or numb, frustrated, or simply want this virus to stop exercising so much control over our daily lives. These certainly seem to be understandable reactions to a virus that has affected us for almost four months. There is no vaccine yet. But, let us try to be more grateful and more generous in our attitudes, words, and dealings with others as a spiritual antidote to the effects of the Coronavirus. Have a grateful, generous week!

Live Jesus!

Fr. Matt

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All through love, nothing through force or fear.

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