



23 September 2022

**Letter S 18 / 22**

Dear Parish Family

For the next five Fridays, starting today, I invite you to join me and participate in a series of Meditations called **Taste and See, Experiencing God Through Our Senses**, by Ginny Kubitz Moyer. The meditations are grounded in the Ignatian spirituality tradition. I have made a few adaptations to the five Meditations, in order to be appropriate for our context. I suggest that you participate prayerfully in it every day of the week, until you receive the second meditation next Friday. Perhaps it will be of great spiritual benefit if you keep a daily journal.

It will also be great to hear from you, about your experience of participating.

### ***The Gift of Sight***

Our sight is a gift; one that we use nearly every waking moment of the day. We take in so much with our eyes: traffic lights, the dishes on the kitchen counter, the blinking cursor on the computer screen, the leaves changing on the trees outside the office.

✧ Try to count everything that has crossed your line of vision in the space of an hour, and you will find it's an impossible task.

We barely notice some of these things; they dance outside our peripheral vision. Others we focus on, solely out of obligation, like our water bills or the water boiling on the stove.

But in a quiet moment, when our time is our own, what do we choose to look at? When we are free to turn our eyes where we wish, what do we select as the object of their gaze? And do those sights renew us?

In our media-saturated world, we have many options about what to look at, and not all of it refreshes our souls. So, there is something to be said for making our visual life an intentional part of our prayer. When we have a little bit of quiet time in the evening, in the morning, or at a lunch break, it can be helpful to take a few moments gazing at something that makes us feel centred.

Perhaps that something is a lighted candle, wavering and dancing to its own rhythm. Maybe it's a photo of a loved one whose life is an integral part of our own. Maybe it's a book of photography that celebrates the beauty of the natural world. Maybe it's a picture of Jesus.

Looking at something with intention is a powerful form of prayer. In the act of gazing, we get to focus deeply on one thing, savouring its presence and quieting our hearts. We notice little details about a beloved object that we weren't aware of before. And we are reminded that God puts many beautiful things before our eyes, constantly inviting us to see them—and God himself—in a new light.

**Prayer****Begin.**

*Centre yourself. Take three deep breaths and open yourself to God's presence.*

**Give thanks.**

*Thank God for the gift of sight and for the world full of wonders that lie before our eyes.*

**Review.**

*Think over the last day. Identify some of the things you saw. Which ones did you look at only because you had to? Which ones did you choose to look at and gaze upon? Which ones left you feeling most centred and fulfilled?*

*Think of the images or decorations you have hanging on the walls of your home. Choose two of your favourites. Why are they there? Do they inspire you or comfort you? Are they visual reminders of precious parts of your identity or life experiences? Take some time to reflect on what these images say about you and about God's plan for you.*

**Look ahead.**

*Tomorrow, make yourself more conscious of what you choose to look at and why.*

**Action.**

*Take some time each day this week to sit and gaze at something that inspires you or comforts you. Slow your breathing and be present in the moment. Imagine God watching you and taking delight in your enjoyment of his creation.*

Remain Prayerful.

This is all for now.

*With love,*

**Selwyn**