

Our spiritual life in St. Brendan's Parish

Christmas is a time for Peace

Question: How might I foster peace in my life and in my family during the Christmas Season

Answer: A reading from the book: *The Imitation of Christ*.

Take no great account of what man is for you or against you, but mind and take care of this, that God be with you in everything you do.

Have a good conscience and God will defend you well; for no man's malice can hurt the one who God wills to help.

If you know how to be silent and to suffer, you shall without doubt see the help of the Lord.

He himself knows the time and the manner of your deliverance; therefore, it is your part to give yourself over into his hands.

It belongs to God to help us and to deliver us from all harm.

Many a time it is of much advantage towards keeping us in greater humility that others know and rebuke our faults.

When we humble ourselves for our faults then we readily pacify others and we easily satisfy those who are angry with us.

God protects those who are humble; he loves them and consoles them in their own situation. He leans towards those who are humble and bestows abundant grace on them so that after they have been brought down low, he raises them up to glory.

To those who are humble God reveals himself most fully and invites them to himself. Though they may suffer shame, they remain in great peace for they rely on God and not on the world.

Never think you have made great spiritual progress unless you see yourself as inferior to all.

First keep yourself in peace and then you shall be able to bring peace to others. The peaceful one does more good than the one who is learned.

The passionate one turns even good into evil, and readily believes evil of others. The peaceful one turns all things to good.

Those who are in perfect peace suspect no one. Those who are discontented and troubled are agitated by various suspicions. They neither rest themselves nor allow others to rest. They say what they ought not to say and leave undone what it was better for them to do.

Therefore, be zealous firstly regarding yourself and then you may justly exercise zeal towards your neighbour. You know how well to excuse and gloss over your own actions, but you are not willing to accept the explanations of others. *It would be more just for you to excuse others and accuse yourself. If you wish to be accepted and tolerated, accept and tolerate others.*