

er John Catoir

Food for the Soul

Somewhere, someday, far in the future, when my bones have crumbled into dust, an archivist or a student or a housewife may stumble across something I've written and perhaps the Holy Spirit will touch him or her in a special way. My imagination purrs with delight at the thought.

When I accepted the discipline of writing a weekly column I didn't calculate the pressure of meeting incessant deadlines, whether I was in the mood to write or not.

FOR 22 YEARS I have managed to do it because the Lord keeps putting ideas in my head. That's what is meant by actual grace — *lumens intellectus* — a light to the mind. The thought flashes from my mind to yours through the miracle of the printed page.

Here are a few such messages — each one could be the basis of an entire column:

- your frailty does not separate you from God's love; as a matter of fact it draws down His love like a magnet.

- The Lord's look of love is fixed directly upon you. He doesn't grade you on how well you pray but He does want you to look back at Him lovingly from time to time.



- **WHEN LISTENING** to someone's troubles, if you don't know what to say, just silently turn to the Lord. Let His love flow through your soul to that person. By simply listening with love you will do more than if you gave hours of advice.

- The Lord gives you sufficient strength to make up for all your weaknesses. You may not feel any stronger, but you will make it through the storm every time.

- Self-forgetfulness is the essential ingredient of true love. Marriages fail today because so many think of self-forgetfulness as a sign of weakness. Not so. When both partners work at self-forgetfulness putting their spouse and God first, their marriage will become a joy.

- The Lord wishes to be loved in a spirit of joy, too. To accomplish this, self-forgetfulness is the key.

I wish you the fullness of peace and joy as your summer vacation approaches. Don't forget to get in some good spiritual reading while you're at it. Spiritual reading is food for the soul.

[For a free copy of the Christopher News Notes, "The Quality of Mercy," send a stamped, self-addressed envelope to The Christophers, 12 E. 48th St., New York, N.Y. 10017.]