

Six things I wish I'd learned at College

1. Fr. Gerard Hughes on Healing and Spirituality

In his book *God of Surprises* we find "Our treasure lies in our inner life. It is our inner life which affects our perception of the world and determines our actions and reactions to it in religious language this inner life is called "the soul", and the art of knowing it, healing it, and harmonizing its forces is called spirituality. Religion should encourage us to become more aware of this inner life and should teach us how to befriend it, for it is the source of our strength and storehouse of our wisdom."

2. Rev'd William Law wrote 'Life is God living and working in the human soul.'

3. We are living in God.

"We have to learn in practice what we always knew in theory: everything that happens is God's Will. God's Will always intends our good. God's Will is carving us into the likeness of His Son.

Every moment is the message of God's Will; every external event, everything outside us, and even every involuntary thought and feeling within us is God's own touch. We are living in touch with God. Everything we come in contact with, the whole of our daily circumstances, and all our interior responses, whether pleasures or pains, are God's working. We are living in God-in God's action, as a fish in the water. There is no question of trying to feel that God is here, or to complain of God being far, once He has taught us that we are bathed in Him, in His action, in His Will."

Abbot John Chapman, 2003, *Spiritual Letters* p.143. Archbishop Rowan Williams wrote, in *The Tablet*, 'Spiritual Letters was probably the single most influential book for me in my twenties, and still is.'

4. Why is the Eucharist so important to the Church?

Jesus instituted the Church at the Last Supper. It is a celebration, a thanksgiving to God for what He has done for all humanity in Jesus' offering of his own life to save us from our self-centredness. It is the ultimate free gift of self-giving love. It is a re-presentation, an assembling together within God's infinitely compassionate mercy of all the brokenness's of the whole of creation. To share in Holy Communion is to be inwardly and spiritually lifted up into the fullness, the completeness of healing, of salvation which has already been achieved for all of us together.

5. Archbishop William Temple described faith as the transfer of interest from Self to God.

6. 'God asks of us only one thing', wrote Meister Eckhart, 'that we dethrone the creaturely self and let him dwell in us.'