

April 21, 2020

Dear Parishioners of Christ on the Mountain,

I am finding that this stay at home order and the social distancing is starting to wear on me. I am feeling more depression and struggling to get things done. I am having difficulty embracing the silence. In one of Mother Teresa's last writings she speaks of the dark night of her soul. This image of the dark night speaks to the depression felt at times when God seems to be silent. The dark night is not when I feel the presence of God but only God's absence and abandonment. We must learn to accept the dark night as part of the pilgrimage with Christ. The way with Christ.

In the midst of the darkness Mother Teresa speaks of five silences we can practice. Silence of the eyes, closing our eyes to the faults of others. Silence of the ears, closing our ears to gossip and uncharitable words. Silence of the word, be silent in self defense and in criticism. Silence of the mind, closing the mind to that which is not true and to judgement's. Silence of the heart, avoiding self hatred and bitterness.

You may be feeling some of this dark night of the soul during this strange time we are living. It does not mean that God is not there. It just means that there is silence and we must enter the silence and allow God to find us there.

Below are some Quotes by Mother Teresa:

“Before you speak, it is necessary for you to listen, for God speaks in the silence of the heart.”

“Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in His love than in you own weakness.”

In His Resurrection,

Fr. David