

Dorothy Stang Novena Day 1 – Tuesday, February 4



Blessed are the poor in spirit; the reign of God is theirs. Matthew 5:3

"If we strip ourselves of all our extras that consume so much of our time and thoughts...our leftover time is no longer colored and it is no longer hard to give a Gospel response." — **Sister Dorothy Stang**

What is "poor in spirit?" For me it has a great deal to do with the treasure of time. Used wisely, for the benefit of loved ones and friends it becomes a means of healing, hope, laughter—a blessing for us as well as for others. But we can find ourselves so preoccupied with work, responsibilities and dealing with "things" that we have little energy left for quality time with family and friends--and for quiet.

Sister Dorothy would say: "STOP! Give yourself space to smell the flowers and marvel at nature." She would invite us away from preoccupation with ourselves to give time to those in need. She would say: "Remember that you have a special Friend who wants to spend time with YOU!"

Dorothy always carried her Bible with her. It was well-worn, taken on long walks to remote villages in the woods, with her as she slept overnight in an office where the official purposely delayed seeing her. "Over time it is no longer hard to give a Gospel response," she said. "We can prioritize time for ourselves. We can modify our busyness and lighten the burden of too many things." We can make time to be with the One who is always present to us. Thus poverty of spirit becomes transformed in time into the richness of pure gold.

Prayer: Generous and compassionate God, Help me to learn how to simplify and focus my life in order to be more available to others. Increase my consciousness of your Presence in my life. Amen.

Action: Sister Dorothy loved nature. Take time this week to marvel at the beauty of nature. We are blessed here at Notre Dame in Worcester to have a beautiful campus, even in the wintertime. Do we recognize God's gift of creation all around us? Do we take time to marvel at the beauty of nature? Also, amidst the busyness of our work here, do we time for prayer, for silence, and for meditation?