



### ABRAHAM AND SARAH SHOW US THE WAY

Last week, we heard about Adam and Eve's fall from grace, which led to humankind's alienation from God. The call of Abram is the very *first step* in what is often called our Salvation History. It begins with the call of a childless couple, Abram and Sara, later to be called Abraham and Sarah, to signify their new relationship with God.

At 75 years of age, Abraham could have said, "Sorry Lord, but I am too old to move again." But instead, Abram went as the Lord directed him. Abram didn't even know where he was going. He was simply told to go... "to a land that I will show you" (the Promised Land). His obedience and trust in God earned him the title "our father in the faith". Abraham would become the model of a willing spirit open to God's direction. Abraham was destined to become the father of Israel, the father of a nation that would, in turn, be a light to the nations of the world. Finally, we should remember that if Abraham is our "father in the faith", Sarah is our "mother in faith" because she also obeyed God and was open to bearing a child when she was beyond the childbearing age.

For Abraham and Sarah responding to God's call was more important than the security of place and family. When called to leave their place of security and venture out to an unknown destination, they responded with obedience. They will be forever, our role models when it comes to all the leave-takings that life asks of us.

Abraham and Sarah are also great examples of living life to the end. Yogi Berra's often quoted saying "it ain't over til it's over" applies not only to sports but to life. We are called to live life as full as we can till the end. When the end comes we are then called to let go gracefully to God.

#### A Spirituality for the Long Haul

In his book *Enduring Heart—A Spirituality for the Long Haul*, Wilkie Au speaks about "*soulful lives*". He begins by quoting Dr. Helen Greenblatt who says:

"We are finally realizing what a wonderful time it is to be a senior. Stuff is stirring. Things are brewing. When people talk about 'getting enough,' they're not just referring to sleep anymore." Then Au continues "In a recent survey of more than *seven thousand older Americans, ages sixty to ninety, an overwhelming majority reported that they were more satisfied with the quality of their lives than ever before.* Clearly, this satisfaction level can be attributed to medical breakthroughs that enable seniors to feel better while

living longer. In general, gerontology experts believe "the trend indicates just how much senior citizens are enjoying a renewed sense of purpose—a delectation for life. They're flying into space and earning college diplomas, publishing books and exploring the Internet." Keeping up a "delectation for life" is another way of talking about "living with soul."

#### Cute Story

The following story, frequently told to illustrate the importance of making our assumptions explicit for the sake of clear communication, can also be a humorous way of showing that the struggle to live vitally and responsibly is lifelong. (Also from Au's book.)

Once there was a sixty-five-year-old man who went to his doctor for a routine physical. After the blood work was done, the doctor met the patient in his office to report the results.

"You're in great shape for a guy whose sixty-five years old," exclaimed the doctor, as he paged through the sheaf of computer printouts from the lab. "It must be because you either maintain a healthy, holistic regime—get your proper rest, eat healthily, and exercise regularly—or you're from good stock. How old, for example, was your father when he died?"

"And did I say my father died?" retorted the sixty-five year-old man. "Actually, he's eighty-five years old and still going strong. He stays in shape by jogging and keeps active socially by being part of the local senior citizens' club."

"Ah, ah, well," stammered the doctor, "how old was your *grandfather* when he died?"

"And did I say my grandfather died?" the sixty-five year-old man shot back. "Actually, he's 102 years old and still going strong. He doesn't run or jog anymore, but he walks briskly around the block daily and keeps up with his bridge club. He dates occasionally and, in fact, he's getting married in two weeks!"

"He is?" the unsuspecting doctor blurted out. "Why would a man who is 102 years old *want* to get married?"

To which the sixty-five-year-old patient responded evenly, "And did I say he *wanted* to?"

The story is a lighthearted reminder of the truth that "it's not over until it's over." In some form or other, the need to remain vibrant in all aspects of our being, to stay engaged socially, and to love responsibly continues to the end if we are committed to living as fully as we can.

## Ten ways we can get stuck in life's journey

In life's journey all of us encounter bumps or big hills on the road. If we are unable to make our way over these hills and bumps, we will remain stuck, sometimes permanently. Wilkie Au names ten ways that people get stuck in life's journey.

*Stuck when we let past failures, poor decisions, missed opportunities make us unforgiving of ourselves and cynical about life.*

*Stuck when we hang on to resentments toward those who have wronged us and let these resentments chain us to frustrating relationships.*

*Stuck when we let ill-health and the normal aches and pains of growing old make us crabby and less appreciative of the small blessings of daily life.*

*Stuck when we do not seek help for healing the poor images of the self-resulting from childhood traumas that hamper our present lives.*

*Stuck when we let envy of others consume us rather than gratefully acknowledging our own blessings and developing our own gifts.*

*Stuck when pain and hurts from past intimate relationships keep us from being loving and vulnerable.*

*Stuck when fear of failure prevents us from trying new things.*

*Stuck when anger about past disappointments and losses shuts us off from reconciliation with a God who wants to be close to us.*

*Stuck when we despairingly stay in a miserable life situation because we cannot trust enough to opt for change.*

*Stuck when we let fear rule our lives.*

I should add that we can also get stuck in our relationship with God and church. Many do—sometimes permanently.

## Three helps towards getting unstuck

- *Share your story with another caring person.* It could be a priest, deacon, therapist, spiritual director or a caring friend. The resolution of most of our problems can be found within ourselves—as we share out loud our story. Gandhi once said “secrecy is the enemy of freedom”. So many people live in a self-imposed prison because of their failure to share their pain, fear, shame with another.
- *Seek to change what can be changed.* There are some things that cannot be changed e.g., loss of a spouse or loved one and other things that cannot be changed at least for now e.g., a particular relationship, loss of a job or finances. But, we can choose how we are

going to deal with a particular bump or hill in life's journey. Two of my favorite sayings are: “*It is not the circumstances of our lives that will make us or break us, but our **attitude** towards the circumstances of our lives.*” “*Our lives are not determined by what happens to us, but by how we react to what happens.*” We can see the truth of these sayings when we see two people with pretty much the same challenge e.g., a loss of some kind. One is coping very well and one is miserable. Changing what can be changed may also involve reaching out for help like joining a support group or forgiving a hurt.

- *Count your blessings.* We have all heard the saying “things could be worse.” This is true for the vast majority of us—especially in this country. We can focus on the cup that is half full or half empty.

## Prayer for Guidance

*Grant me, Lord, to know what  
I ought to know,  
to love what I ought to love,  
to praise what delights you most,  
to value what is precious in your sight,  
to hate what is offensive to you.  
Do not allow me to judge according  
to appearances,  
nor to pass sentence following  
the judgment of the ignorant,  
but to discern with true judgment  
between things visible and spiritual,  
and, above all things,  
to seek to know what is the good  
pleasure of your will. Amen*

Thomas A. Kempis

Have a blessed week,

