

If you love me you will keep my commandments.

The Blessed Virgin Mary kept the commandments of God. A faithfulness which did not involve certainty. A devotion that was not expressed in observation, but in commitment.

Keeping Gods commandments involved the very dangerous statement of "Let what you have said be done to me"

Asked for nothing less than everything. The Mother of God found that her prayer had not withdrawn her from the world, but had immersed her in a series of events. A lifetime in which the relationships and the demands of love were the only constant.

Keeping Gods commandments, responding to the call of the Holy Spirit did not give her the security of a socially accepted, and controlled existence.

This obedience to commandment, which sounds so compliant, is ironically the route by which all the boundaries are broken.

Following the spirit of God she was liberated from the pointless struggle of self-justification

From the facile presentation of personal respectability

From the futile pursuit of private success.

The Blessed Virgin Mary loved, not to achieve, but to celebrate. She took on the vocation, not to control, but to participate.

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Love your neighbour as yourself. You are commanded to love yourself. You are called by the loving Holy Spirit to listen and respond to that which will nourish you.

Sleep will nourish you. There is no need to stay awake concerned with matters that you cannot control. Practice the humility of sleep.

Activity will stimulate you. You will never paint like Rembrandt, cook like Mary Berry, or understand like Einstein. But that is no reason not to try. Practice the humility of beginning.

Prayer will guide you. You will never arrive at peace. But that is no reason to clutter your mind with details, and activities to avoid facing your fears. Practice the humility of silence

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Love your neighbour as yourself. You are commanded to love those close to you. You are called by the loving Holy Spirit to listen and respond to what is wonderful in those entrusted to you.

Vision will reward you. Our preconceived ideas, or fears, of moving beyond what is comfortable can inhibit the development of joy. Have the humility to look beyond what you want to see.

Kindness will challenge you. You can and often are wrong, but do not hide behind your fear. Have the humility of being prepared to fail in your love.

Forgiveness will rattle you. Never all I ever wanted, always all I ever need. Have the humility to accept as they are and not what you want them to be

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Love your neighbour as yourself. We are community, those around, are a part of the body that makes up my life. You are called by Gods Holy Spirit not to retreat to self-righteous indignation, but to go out into the created world.

Politics is a part of you. All that evil needs to thrive is that good people do nothing. Have the humility to act beyond the consensus of silence.

People annoy you. Those who engage with the irrational, will often get an irrational response. Have the humility to enter in, together with your own faults, associate, and serve

Failure will teach you. Those who have never failed, have never done anything. Have the humility to get to your feet, accept the embarrassment, and re-enter the struggle.

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