

A parishioner's personal reflection

“In a recent sermon Dispin challenged us to declutter our inner spiritual life. It is very confronting, as transparency is essential to make an honest effort. My solution was to regard my life as a Sponge Cake.

There are 3 layers.

- 1) The Bottom Layer needs to be a strong foundation to support the whole structure. We need to show gratitude for the basic ingredients given by caring parents, teachers, catechists and clergy, also our connections with friends and community.

We all need to work on this foundation by constant prayer and sharing our faith, hope and charity. This means striving to be the best person we can be, to be a true disciple which is the relationship I want with my God.

- 2) The Middle Layer is cream. We hope for fresh cream, this helps us to be open to new ideas and take the time to walk in the shoes of others. It is too easy to be judgmental in our diverse culture. If the cream turns sour, it is a sign to us to seek renewal. We need to embrace our failures and take responsibility to learn from them and develop new attitudes. Blaming others creates an impediment to future efforts to reform.
- 3) The Top Layer of the sponge often contains cracks due to lack of practice. This represents how we are seen by others. We may be loved or criticised for our actions or we may be neglected, but we can journey on through life inspired, by the words of Jeremiah 31:3 “*I have loved you with an everlasting love*” God never refuses his help.”