

Bless

The practice of blessing is about sharing the faith and unselfishly giving and serving. When talking about prayer, it was easy to come up with practical suggestions that could be applied in the lives of every person. Bless is a much more situational. It requires us to think about how to make blessing happen in our environment.

Here are some suggestions to consider:

1. Who needs some of your blessing?

Take a moment to consider the people who exist around you at home and at work who might need a little bit of you to improve their way of life. This might be a neighbor who lives alone and doesn't get out very often. They might appreciate a visit, a card, or a food item. A neighbor of mine, out of the blue, wrote us a card and slipped it under the door. Their act of love was a blessing because it brought us closer together.

This could also be a colleague who is assigned a thankless job. One of the cleaning staff or someone who answers the phones might be examples of this, but it might look differently in your workplace. Consider thanking them or acknowledging their humanity with a conversation or even just a moment of your time. This is a blessing.

The practice of blessing is about paying attention with your very being to everyone you encounter along your path. We are all in need of blessing and all of us are bearers of it. Blessing can be as simple as looking everyone in the eye or sharing a smile and greeting.

If you are accomplished at this, identify someone every week that you can get to know better and invite them to a coffeeshop or for a conversation on your porch. Expand your circle in love.

2. A cause that brings you passion

There are several organizations that St. Patrick's partners with on a regular basis. Samaritan Ministry, SOME, St. Philip's, and Haiti. There are also many things around St. Patrick's that require volunteers: acolytes, eucharistic minister, reader, greeter, usher, altar guild, hospitality helper, food preparer, etc. Bless at least one of these important things with your participation or another non-profit that engages your passion. Community is so much stronger when we take the time to bless each other, to do something that makes the community successful. I have witnessed St. Patrick's parishioners stepping forward to organize neighbors to change the world. There are countless ways to engage this important work of blessing, but it will be all the more powerful if it is something that engages your spirit and sparks your energy reserves. Choose to bless the things that bring you passion and the blessings will multiply.