

Dear Brothers and Sisters in Christ,

Unsurprisingly, the Reading for this Wednesday is marked with a wisdom that perplexes those who are spiritually complacent, regardless of their level of intelligence; for it is only those who walk the path of true and authentic **simplicity of heart**, that one can even begin to grasp what God is trying to tell us here:

God is light, and in Him there is no darkness at all. If we say, 'We have fellowship with him,' while we continue to walk in darkness, we lie and do not act in truth . . . If we say, 'We are without sin,' we deceive ourselves, and the truth is not in us . . . If we say, 'We have not sinned,' we make Him a liar, and his word is not in us. (1 John 1:5-10)

No matter how many of the Sacraments we have received, or how many good works we have performed, if we call ourselves "**Christian**", yet, in truth, persist in **hypocrisy**, or allow ourselves to be **disillusioned** about reality—and the ultimate Reality—then we find ourselves counted even among those whom God implicated: "The fool says in his heart, 'There is no God' (Psalm 14:1).

We sin because we complicate everything. We place objects in front of us that could never bring us happiness, but instead, hinder our happiness. St. Teresa of Avila, that great Carmelite mystic and Doctor of the Church once wrote:

For this body of ours has one fault: the more you indulge it, the more things it discovers to be essential to it . . . the poor soul is [then] taken in and prevented from making progress. (*The Way of Perfection*, Chapter XI)

Let us then ask **Our Lady, Undoer of Knots**, to release us from our sinful desires, and to see reality *as it is*, so that we may be convicted of the truth, and so **love purely and simply**, in those things which reflect the light of God.

In Christ through Mary,
Mr. Andrew M. Steele