

Marist Minute

I was reading an article recently where people were complaining about supermarket trolleys. How annoying it is when people don't park their shopping trolley correctly so when you go to put yours back and retrieve that precious \$1, it's high impossible!

It reminded me of my dad.

One day I was doing the shopping with dad. He was quite ill then though we didn't know it at the time. He was a bit slow and I was getting frustrated as it had taken much longer than expected. I was in a rush because I had to pick the kids up from school. We got to the car and I unloaded the groceries. Dad then proceeds to push the trolley back to its proper place quite a way away. I said angrily, don't worry just leave it here. He turned and said calmly, it doesn't take much to put the trolley back. Despite my building frustration I paused and pondered. I admire and love this man so much and his simple words taught me a big lesson.

Appreciate this moment you have, love the ones you are with. In that moment I chose to think things that are good and to see love.

Such are the words of a song by Katie Noonan:

And so I can hope I can think things that are good
And I hope I can purge away the dark words
I hope I can think things that are good
I hope I can look in the mirror and see love

And see love, and see love.



Journal Questions:

What do you fill your shopping trolley with?

Harsh words, frustration, or calmness and love?

