

Marist Minute

It's about this time of year that I begin to wrestle with strings of Christmas lights, as we pack away decorations and turn our attention to new year ahead. Over the years I've become more disciplined at winding the Christmas lights up more precisely and not mixing the power cords. It was not always this way. I don't know if it was laziness, lack of foresight or my urgency to get back to the Cricket, but I would casually pull them down put them in a box and hope for the best. Needless to say, this laissez-faire approach led to tangled knots and hours of frustration 11 months down the track. I wish I could say that my self-sabotage was limited to Christmas decorations. Earlier this year I was stopped at an airport x-ray machine, as my work bag was closely scrutinised because of a huge assortment of tangled cables and other bits and pieces. I'm not a bomb maker, but that x-ray image painted a different picture! The time, patience and care required to neatly store cables is something that I'm trying to apply more broadly to my life. Instead of dumping and running between activities, relationships, projects and hobbies, I'm allocating time to slow down and wind things up properly. It's the same process for the end of the year, the end of a project, the end of a meal, the end of the day. Taking those precious minutes to finish well is good for future me, but it also provides a few moments of mindfulness before the next zoom meeting, the next chore and the start of the next year.

Mary, Untier of Knots, you give us a wonderful example of patience, foresight and taking time to see the tangles of life and relationships more clearly. May God's grace flow through our lives and bless all those we encounter as we wind up last year and prepare for what lies ahead.



Journal Questions:

Where do you notice the knots or tangles in your life?

How can you take a few purposeful moments this year to 'wind things up properly'?

