



## *Spiritual Care Notes: February 2020*

**May our vision in the year of Our Lord in 2020 be a perfect 2020 vision!!!**

On Sunday 02/02/2020, forty days after the birth of Jesus, we celebrate the Presentation of Our Lord in the Temple. The Mass can include a procession of candles, known as the “Candlemass”. By the Lord’s grace, may we be presented to you Lord, with minds made pure by His Light.

Christ is the light of the nations. It is Christ’s light which gives us life. Any plant follows the light by its very nature. It has no choice.

By our human nature we are also drawn to follow the light. It is not the light of our illuminated smart phones and televisions! Rather we are drawn to also follow the light of The One that created us. We however are given the choice to say “yes” or “no”.

When we say “yes” we are consciously following the will of God and this is how we can find purpose and joy in our lives.

Light in the bible stands for spiritual illumination and following this light leads to truth and happiness, as opposed to following the darkness of evil. In John 8:12 Jesus spoke to the crowd saying” I am the Light of the Word Whoever follows me will never walk in darkness but have the light of life” and this is the light of His truth, the light on the other side that is Eternal Life and comes with eternal peace.

We are at the time of year when we yearn for warmth and light. May we choose to turn away from evil and darkness and remember our true purpose and on the way to eternal life help others experience peace, light and love!

**Peace, Light and Love from all of us in Spiritual Care:**

Director of Mission and Spiritual Care, Janet Hutchison;  
Chaplain Agnes Lugira and Chaplain Sister Christiana Onyewuche;  
Spiritual Care Intern Romanus Ajaero.