

## Day 224 – Friday, October 30

In the first reading today St. Paul prays for the Philippians—“This is my prayer, that your love may overflow more and more.” I believe this needs to be all our prayer. Think of the headline news that you have read or heard in the last two weeks. Violence, hatred, shootings, politicians who attempt to look good, by making everyone else seem bad. In all of these situations it is impossible to see love. Indeed the question I have been asked most in the last year has been, “Is the world getting worse and worse?” Now I will be the first to admit that the news seems more filled dread. But I will also be the first to admit that the world is also experiencing a great outpouring of God’s love. Homeless are finding shelter, hungry are being fed. Sick are being tended to. There is no question that God’s love is being manifested in many different ways. And to paraphrase Darth Vader, “The power of evil is insignificant in comparison to the power of love.”

Even Hollywood understands this. In the animated movie “Monsters Inc.” the Monsters finally figure out that power of joy and laughter is 100 times more powerful than the power of fear. All it takes for love to be manifest is to come forward and exercise the gifts and talents that God has given us. Unfortunately most people think, “I have to do something super spectacular...go to the jungles and become a missionary, invent a product that will help humanity, donate millions to a cause. Yes, these are what history books are filled with. But what about day to day activities. Talking to a friend who seems to be having a bad day. Offering a helping hand to someone in need. Phoning someone you haven’t talked to in a long time. This takes almost no effort at all. And none of these actions will not be written up in a history book. But they are what St. Paul’s prayer is all about, “This is my prayer, that your love may overflow more and more.”

I have come to understand that if we focus on evil...everything we see will be tainted by weevil. But if we focus on love...everything we see will be tainted by love. Let us all make St. Paul’s prayer, our prayer, and let us all allow our love to overflow more and more.

*In the light of eternity, we’re here for a very short time, really. We’re here for one thing, ultimately: to learn how to love, because God is love. - James Finley*

Sincerely,  
Fr. Jim Kaptein