



# COMMUNIO IN CHRISTO

*Our Life -  
Our Works*

Digital Spiritual Letter No. 29, August 15th 2024

*Theme:*

## DO NOT WORRY ABOUT ANYTHING

### SEAT IN LIFE

Today's reflection by Mother Marie Therese from January 28, 1985 is taken from the chapter „Do not worry about anything“ in the book „The Imitation of Christ as the Rule“.

Faced with the problems in the Church and the world and anticipating what lies ahead, this chapter is more topical than ever before, and it seems, as if Mother Marie Therese had written it for our time.



Many people in emotional and material need knocked on the door of the Motherhouse, as the community reports. Our foundress always had an open heart and an open ear for everyone who would turn to her. She never sent anyone away and took care of everyone in need, thus imitating Jesus who opened his heart especially for the sinners and those rejected by society.

In the First Epistle to the Corinthians, chapter 9,22, the apostle Paul aptly described this attitude: „I have become all things to all...“

Let us unite in this hope and in this boundless trust in God.

Yours in Christ

**Jaison Thazhathil, Superior General**



# REFLECTION OF MOTHER MARIE THERESE

January 28th 1985

## **Do not worry about anything**

Egoism: The cause of all evil

Trust in God

Our Christianity begins with the venture of our humility before God.

Worries about the hardships of this world, the poverty, and, even more so, fear of what the future may have in store - they do not leave us.

They have induced us to join our community.

The atmosphere we found here has changed our outlook upon life.

We have seen the world in the grip of fear. We are concerned about the hunger. We have seen the tired ones that need consolation. We know of the increasing number of suicides, of murderers and addicts. We tried to find the reason why people resort to sleeping pills, alcohol and drugs - the sad result of a life without God. Driven by a longing, encouraged by the hunger for a better world, deeply attached to man, we have arrived at the conviction:

*The world is waiting for God.*

When we are at our wit's end, when everything seems hopeless, futile and dead, the mercy of God is near. It is at that point that people count on God, even though they might deny him.

People are concerned about things transient. Economic boom, greed for money and luxury have lured them away from the highest aim. The general race for worthless things has no end. Helplessness and perplexity are spreading. The world is in quest of happiness.

*It is waiting for God.*

Is there no-one to prepare the access to God who is waiting at the doorstep to be admitted, who has such respect for man that he keeps waiting instead of forcing himself on him?



Can all that misery and the ungodliness leave us cold?

Shall we give up?

Have we grown so weary that we are unable to take the initiative?

*We have opened ourselves to the commandment of love.*

We have fulfilled the request of God in Christian universality. To us, religion and life stand side by side. We want Christ and we live Christ in order to create new life thereby.

*The world is waiting for God.*



There is a covert accusation against us Christians who pursue nothing but our own self and fail in meeting God.

With their concepts fanatics among the believers try to bring about a change in unchristian conditions. They proclaim Christ, whom they degrade - however - by their lack of love.

What the world expects of God is the practically lived love. An unfeigned love, full of life, without any theatrics wants to be accepted, a love that is free from egoism. Love for one's own self is the cause of that passion of a lifeless belief.

Let us take a look at ourselves in order to realize how desperately we, too, are in need of the salvation of our selves.

*Hypersensitive, we stumble over mere bagatelles, unable to admit or to remedy our faults.*

*We live in two different worlds, choosing from time to time the one that involves no consequences for us.*

*We watch one another with profound distrust.*

All that is evidence of our still being in the grip of our selves. We like to show demonstratively our feeling insulted, humiliated, hurt, and outcast. So, naturally, there follows retaliation, accusation, and revenge.

*The world is waiting for God.*



God reveals himself in the practically lived Christ, and his life is meant for all of us.

And ours is the responsibility to pass on his life, especially as regards His words: "Forgive them for they know not what they do", and: "Today you will be with me in Paradise."

Self-esteem and concepts of honour will have to be silenced because our aims are not on that worldly level. We are forced to acknowledge our nothingness in the only possible way: God.

*The world needs God.*

Going our way together, we want to ask for mercy for our conscience heavy with guilt.

Our efforts to lead a holy and unselfish life wants to tear down the facade of our well-being in order to drive out the ghost of the fear of life. Nothing but faith and trust in God makes it possible for us to get rid of any doubts and fears.

Temptation is not meant to lead us into sin. It is rather a question of the power of the spirit and of who our ruler is. It is a question of the „You“, of putting ourself back in its place. And God, will he not stretch out his hand to a sincere soul that says:

I love you with all my heart.

Our aim is to take the world to God.

Then let us live Christ, selflessly and in utter dedication, the whole Christ and not only certain traits of character we might find particularly likable.

And that demands of us:

*rejecting our own will,*

*giving up all power,*

*unselfish devotion to the sick and the suffering,*

*always having a good word for the people we live with,*

*making ourselves useful to others,*

*giving an example in prayer*

*and in love.*

*The world is waiting for God.*



*And God is waiting for us who selflessly want to share his suffering, who have recognized his love, giving it room in our own life. Then should we not at last become ready for the realization that we are nothing and can accomplish nothing unless close to God and within the power of his spirit, which enables us to accomplish anything?*

*Let us try to overcome all conceit, leaving it up to God to guide and direct our life. At that point we will be able to abandon all the resistance against God obstructing our way.*

*Sanctification is the purpose of life. And it is impossible without our permanently fighting against our selves. The change within us, the testimony of our love, they are the confirmation for this world that seeks and expects God, that looks for safety, security and liberation.*

WE HAVE BEEN CALLED UPON  
TO BRING GOD TO THE WORLD,  
GOD AS LOVE.

*Taken from: Mother Marie Therese, The Imitation of Christ as the Rule, Pelplin, Bernardinum, 2008,  
pp. 117 ff*



## COMMENTARY

**By Fr. Peter Omenyi from Nigeria**

Do not worry about anything - rather, have faith in God at all times.

This assertion, which Mother Marie Therese used as the concluding point in part one of her book titled “The Imitation of Christ as the Rule: Rule of the Order Communio in Christo as a way for all,” is clearly a practical statement in her biography. It is practical in the sense that she embodied it throughout her existence. From childhood, she was frequently beset by numerous illnesses, yet she never abandoned her desires or the divine call that she had. In her formative years, she faced numerous stressful challenges at various stages of her life, but she entrusted them all to God, confident that God is unfailing. Even the financial obstacles encountered during the foundational period of Communio in Christo did not end her dreams of developing all the institutions currently associated with Communio in Christo. She accepted the words of St. Paul in his letter to the Philippians 4:6, ‘Do not worry about anything; instead, approach God in prayer about everything’.

But what exactly is worry? Worry is a normal human emotion that can arise from various causes, particularly fears and unmet needs. It is a sense of anxiety, concern, or discomfort about potential or current events. Excessive worry can jeopardize one’s mental, physical, and emotional well-being. Worry and fear rob individuals of the opportunity to live a genuinely faith-driven life. This underscores why the phrase ‘Fear Not, do not worry’ is the most frequently echoed command in the Scriptures. The Bible says „Fear not“ 124 times.

In the New Testament, Jesus advises us not to be anxious about our life, what to eat or drink; or concerning one’s body, what to wear. Is not life more than food, and the body more than clothes? (cf. Matthew 6:25-34). Mother Marie Therese, aware that even the hairs on her head are counted by God as stated in the Scriptures, she chose to trust God in all circumstances and consistently proclaimed, “The world is waiting for God.”

Worry appears in various forms leading to tension and stress, sleeplessness, fatigue, and reduced productivity. In his 1988 song, Bobby McFerrin acknowledged that , “In every life, we have some trouble, but when you worry, you make it double; don’t worry, be happy.” True happiness is a gift from God. It does not arise from everything being perfect, but from the choice to trust God in every situation.

Similarly, the German songwriter Albert Frey in his song “Herr, ich komme zu dir” („Lord I come to you“) explicitly declares, “My worries are not hidden from you, you will take care of me; with full trust, I will look to you, Lord; I rely on you, grant me a new, undivided heart.” I believe that God alone is the firm foundation upon which we can rely without collapse. Dale Carnegie, in his book ‘How to Stop Worrying and Start Living,’ suggested that one way to alleviate worry is to focus on the present - this means concentrating on the current moment rather than fretting about the future or the past. He also stressed the importance of cultivating gratitude, acknowledge your blessings, focus on the positive aspects of your life, and express thanks. Life improves when we walk with God. Regardless of our current



circumstances, we must remember that in all things, good comes to those who place their trust in God. Even as I write this commentary, I too have my share of worrying situations, yet I opt not to worry, but instead to hope in God, watch, and pray. Since December 21, there has been a devastating war in my village. Many lives have been lost, and survivors have become homeless. Everything we owned was destroyed in an instant, and my parents have also lost their home - they are now residing in a refugee camp amid all its hardships and challenges. However, rather than worrying, I choose to adopt the mindset of Mr. Horatio G. Spafford, who, after losing his four daughters in a shipwreck in November 1873, while his wife was miraculously rescued, responded with faith. On November 22, 1873, the S.S. Ville du Havre, carrying his wife and four children for a holiday in Europe, collided with an English sailing ship, the Lochearn. The Ville du Havre sank within minutes. On December 1, upon reaching the scene of the tragedy, Mr. Spafford penned the words to the song, "When peace like a river attends my way, when sorrows like the sea billows roll; whatever my lot, thou hast taught me to say, it is well, it is well with my soul." This song reminds us that regardless of life's challenges, whether they be illness, loneliness, abandonment, betrayal, heartbreak, depression, or war, Jesus is with us in every situation, and it is well with our souls. This is my way of joining Mother Marie Therese in encouraging you not to worry about anything, for one who stands with God prevails.

### Fr. Peter Omenyi



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