



## ***Reflection***

One of my meditations this week was on the Beatitudes. Long ago a teacher told me that the beatitudes were just that-- “be attitudes” ---- how our attitude should **be**. It made sense at the time and I have pondered it over the years.

The first one, “blessed are the poor in spirit “used to trouble me a bit because I didn’t know what “poor in spirit” actually meant. To quote a favorite author of mine: Richard Rohr *“Poor in spirit” means an inner emptiness and humility, a beginner’s mind, and to live without a need for personal righteousness or reputation.... The Greek word Matthew uses for “poor” is ptochoi, which literally means, “the very empty ones, those who are crouching.” They are the bent-over beggars, the little nobodies of this world who have nothing left, who aren’t self-preoccupied or full of themselves in any way. Jesus is saying: “Happy are you, you’re the freest of all.”*

And what freedom that would be! A true sense of self -forgetting. We are simply open to the power of God. Our culture insists that winning, and self-sufficiency are the name of the game. But Jesus said otherwise. When I am poor in spirit, I can reach out, with open hands, and admit I can’t solve life’s problems on my own.

And I can accept help from others! Even ask for it! It is a very hard thing for this woman who was raised in a stoic, German family. I was taught I could do anything if I just tried hard enough. Again, Jesus taught otherwise. Be open, poor in spirit for help also may come from those who Jesus sends into our lives- those “angels” in disguise. I bet you have met one. ☺

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