



# Never Alone: A Reflection on Trust

by Sue E. Davey, Director of Religious Education

As I write this reflection, I am also planning our Celebration of the Feast of St. Francis where our family pets will receive a special blessing. For many years St. Francis has been my personal patron saint. I guess this stems from all my years as a zoo docent as well as my hobbies of birding and nature photography. But the question remains, does this celebration tie into our parish theme of "trust"? Yes, it does. Matthew 6:26 tells us to "Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are?"

I think our pets provide us with good examples of trust. Don't they rely on us for their care and at the same time provide us with companionship? We need to remind ourselves that God is always there for us. God's gives us the strength and courage we need to carry on in spite of circumstances around us. There is within us a reservoir of strength which comes from strength beyond us.

However, this can't happen unless we release control and admit that we can't do it on our own. God wants to help but that requires us to surrender and to let God in. We need to truly believe that we have God in our lives - God to trust in, God to whom we open our hearts and confide our fears and God to whom we surrender and let into our deepest being.

Surrendering to God is definitely not easy. Most of us were raised to believe that we are in control of our own destiny but so many times, events are completely out of our control. There are times in life when events involving family, relationships, illness, finance etc. tend to overwhelm me. Life appears to be spinning out of control. Yet when I allow myself to release control and surrender to God, a sense of calm envelops me and I remember that I am not in this alone. I have removed the barrier and allowed God's grace to enter.

This reminds me of the "Footprints" prayer. I keep copies at home and in my office so that in difficult times I can turn to this prayer for comfort and a reminder that God is always with us particularly at our darkest moments and it is God and the grace given to us which is getting us through trials in our lives.



## Footprints

*One night I had a dream...I dreamed I was walking along the beach with the Lord, and  
Across the sky flashed scenes from my life.*

*For each scene I noticed two sets of footprints in the sand;*

*One belonged to me, and the other to the Lord.*

*When the last scene of my life flashed before us,*

*I looked back at the footprints in the sand.*

*I noticed that many times along the path of my life,*

*There was only one set of footprints.*

*I also noticed that it happened at the very lowest and saddest times in my life.*

*This really bothered me, and I questioned the Lord about it.*

*"Lord, you said that once I decided to follow you, You would walk with me all the way;*

*But I have noticed that during the most troublesome times in my life, There is only one set of footprints.*

*I don't understand why in times when I needed you the most, you should leave me.*

*The Lord replied, "My precious, precious child. I love you, and I would  
never, never leave you during your times of trial and suffering. When  
you saw only one set of footprints, It was then that I carried you."*



This is another in a series of reflections on our parish theme that will be written by our parish pastoral minis-