

# realpeople

the gospel in everyday language



## In today's readings:

The ten commandments. Exodus 20:1-17  
We are fools for Christ. 1 Corinthians 1:22-25  
A zealous Jesus in the temple. John 2:13-25

## Next week:

How greatly we are loved  
2 Chronicles 36:14-16,19-23;  
Ephesians 2:4-10; John 3:14-21

## In a nutshell

Jesus' fiery action in the temple is reminiscent of the zeal of the great prophets who preceded the messianic era. The Gospel author is underlining a key point of Christian belief: Jesus is the long-awaited messiah who ushers in a new era of salvation. We find salvation in the new and living temple of his body.



## Lifestyle clutter

*How might we 'cleanse' and 'unclutter' our lives to make room for an authentic gospel spirit?*

Last summer my husband and I took our family for a beach holiday along Australia's beautiful eastern coastline. We holidayed for a number of weeks. We felt close to nature and freed from technology, schedules and work demands. In our relaxed state we spent most of our time in swimmers and shorts. It was during this period of 'time out' that I began thinking about how cluttered my life is back home. Travelling with children, I had packed so many 'just in case' items which we didn't need. The distasteful thought occurred that when I got home I would have to unpack it all again! How much hassle I create for myself by cramming my lifestyle with clothes and other things!

I began to think about how few things we need to get by. We forget this. Our society is so consumer-driven that we think of our luxury items as 'essentials'.

I returned from holidays with a lot to think about. (Louise)

## Think about it

Some ways we clutter our lives:

- Amassing material possessions
- Communication clutter: TV, radio, Internet...
- Preoccupation with worries about the past or future
- Chronic busy-ness
- (add to the list)

Which type of clutter is part of my lifestyle? What will I do to clear it?

## Clearing the air

I admit to being a radio junkie. I often have commercial radio playing as background to whatever I'm doing. I love the instant flow of music and communication. But there is another side that bothers me: like being constantly bombarded by the advertisements. A lot of the music is rather repetitive and much of talkback radio can be brainless. I began to wonder if my radio habits were 'cluttering' my head and my heart, filling up my emotional and thinking space with junk. So I decided to cut down on radio - drive in silence, play tasteful CDs, and so on. As a result I am hearing things I never heard before - the beauty of silence, the richness of my own thoughts and feelings, and the presence of my God.



church below the rooftops

## One family

My neighbours have three children in primary school. Whenever I call by on weekends the family is nearly always at home together. They are a family who seem very present to one another. When I remarked on this one day the couple explained that this was the result of a conscious decision. 'Like so many of our peers who are well-off like us, we used to spend our weekends ferrying our children to ballet lessons, soccer practice, music lessons, karate lessons... But weekends became one exhausting pressure, and we weren't spending any time together! So now we limit our children to just one activity each week. It's our way of raising them to value family time.'

## Lenten steps

What practical steps am I taking this Lent to 'unclutter' my lifestyle and drive out all hypocrisy?



**RealPeople** offers faith reflections from the saints and prophets of everyday life.

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