

In Matthew's Gospel today, Jesus shows us how insatiable we, His people, can be.

Jesus said to the crowds:

'We played the flute for you, but you did not dance,
we sang a dirge but you did not mourn.'
For John came neither eating nor drinking, and they said,
'He is possessed by a demon.'
The Son of Man came eating and drinking and they said,
'Look, he is a glutton and a drunkard...'

We seem to never be satisfied — always wanting something different.

Play a bit of music at a gathering and you will undoubtedly hear people say it is either too loud or too low; too fast or too slow; too contemporary or too traditional.

Imagine if our relationship with Jesus was insatiable? If we always wanted more of *Him*? How would our lives change?

A few years ago, I made a Retreat on practicing true presence and union with God that did change my life. As a result, my prayer life evolved beyond rote prayers and petitions, into a real relationship of Love. The process is often called Contemplative Prayer.

I try to spend time in silence and stillness every day contemplating God's immense love for **me** and my love for Him. It brings me such Peace that lasts beyond that moment. I still have troubles and struggles and questions and some not-so-good days. But, I know God is living and working and moving in me through it all. I experience Him in the Eucharist, in prayer, in Adoration, in a person's smile, in a colorful sunset — some of His many gifts.

I am coming to a better understanding of my true self in Him. It's not so much about changing myself, but accepting myself — God's creation.

In the book, "Becoming Who You Are," Fr. James Martin wrote that toward the end of His life, Jesus accepted that suffering was part of the reality of His life and vocation. The same is true for all of us. Accepting who I am sets me free to be me. And, accepting others as they are, allows me to freely love and enjoy them for who they are.

What a wonderful gift to give ourselves and our loved ones this Christmas!