

## From the Desk of Miss Wilber

November 20, 2020

“Never let evil talk pass your lips; say only the good things men need to hear, things that will really help them. Do nothing that will sadden the Holy Spirit with whom you were sealed against the day of redemption. Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another, compassionate, and mutually forgiving, just as God has forgiven you in Christ.”

Ephesians 4: 29-32.

This reading from today’s morning prayer caught my attention. It often amazes me how words written 2,000 years ago can be so completely applicable today. How often do we speak evil words or even just unnecessary ones? We use our words to complain, to tease, to gain sympathy, to defend or offend, even to tear down or intentionally hurt another. There’s always a way to rationalize our words and the intentions behind them, but deep down we know when we have spoken out of turn or with malicious intent. It is important that we reflect interiorly upon what we say and why we say it, and make efforts to control our speech more and more. To become discreet and humble in order to “say only the good things men need to hear”.

While it is important that we are critical of ourselves in this sense, we are called to give everyone else the benefit of the doubt (as it were). We are to be understanding and compassionate and forgiving in regards to what others say and do. We all fall short of perfection. We all make mistakes even when we are trying not to make them. We may even regret our words the moment they have been spoken. We hope that others will understand our weakness and forgive us for it, so this is what we ought to offer to others as well. Just imagine how happier the world would be if we were “mutually forgiving”.

We see in our society today so much bickering, negativity, and accusations. I see a pervading sense of “It’s me (or us) against the world” that only serves to divide and isolate people from one another. I pray today that this disease of mind and spirit may be overcome. It is so much more important to overcome these mental and spiritual diseases than it is to overcome any physical disease, because our soul (mind and spirit) is the part of us that is eternal.

As we enter into the week of Thanksgiving, I pray that by practicing gratitude we are renewed in graciousness, peace, humility, and joy. If these are the things that fill our hearts, then there is no room for anger, bitterness, or hatred. In seeing the grace bestowed upon us, we are freer to bestow grace on those around us. May this Thanksgiving be the best one yet for all of us.

Sincerely,  
Miss Wilber