



Peak Encounter Monthly Reflection

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# All Weather Journaling

Allowing God to come close.



By Heather Makowicz on June 3rd, 2019

Let me start by apologizing for having been remiss in sending May's entry. Maybe you understand from your own life experience, that at times, demands of our primary vocation can require our full attention much more than others!

At times, it seems like challenging things can happen in short succession, lending itself to the rising of the "perfect storm!" It is as if every moment is consumed with the needs of loved ones or those entrusted with your care. Imagine this...from the seashore, you see a wave building in size and strength as it approaches and are unsure how to respond. Do you duck under the wave or to ride it out? In that moment, you have a quick decision to make, and you respond.

All of last month, one of my dearest friends experienced debilitating anxiety, keeping her out of school for close to four weeks. What started off as a simmering combination of tingling, light-headedness, and worry, quickly turned into daily full-blown panic attacks. At their height, she would shut down completely from utter exhaustion. It was as if she was the person standing on the seashore seeing the proverbial “wave” coming at her, and spinning thoughts went through her mind about how this “wave” would hit.

Since school became quite an uphill battle for my friend, on one of those challenging days, I invited, actually more-less coerced her to go with me on a challenging hike at Hawk Mountain Sanctuary. The hiking trails were varied from easy to difficult. We took the moderate trail to the North Lookout, where the hawks were most often seen soaring amongst the mountains – a breathtaking view! Along the trail, we walked and scrambled between rocks. If you weren’t aware of what was right under your foot, you could easily lose your step or fall. Each step, required our full awareness of where our feet were positioned. For a short time, with silent attentiveness and the engagement of our breath, we were able to scramble over sharp and slippery rocks until we reached the top!

Invitation:

- 1) Think about a time in your life where you anticipated a “wave” rising before you? If so, how did you respond?
- 2) Recall a time outdoors when you were walking or hiking. Do you remember racing ahead or lingering and taking in all of the surroundings?
- 3) Consider pondering the scripture, “Give us THIS DAY our daily bread” (Matthew 6:11) What may be challenge or bring relief from this passage?

Dear Lord,

**Sometimes, it seems I can get so consumed by the issues at hand, that I forget that You are right beside me. Help me to trust that You are closer than even our next breath. When things seem to be moving at lightning speed, help me to remember to take a pause and breath in your peace, breath out the things that concern me most, reminding me to trust that all will be in your loving care. Fr Dolindo Ruotolo said it so well in the Novena of Surrender to the Will of God, “O Jesus, I surrender myself to you, take care of everything.” May we too remember this simple, yet profound prayer, reminding us that you are with us always. Thank you, Lord.**

**Amen**

Prayerfully, Heather Makowicz



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