

No. 1

DISCERNMENT

Fr. Lester  
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“Discernment of spirits describes the process by which we seek to distinguish between different kinds of spiritual stirrings in our hearts, identifying those that are of God and those that are not, in order to accept the former and reject the latter” (The Discernment of Spirits, Timothy M. Gallagher, OMV, Crossroad Publishing Co. New York, c... 2005, P. 3).

In practice: to stay or not to stay...that is the question ...

Hi Seth,

- Somewhere in Jamaica...

What a powerful and beautiful witness of God’s love in your life. Thank you for your humble transparency in your recent letter.

It is obvious that by **nature and by Grace** you are a **lover!** The good Lord has surrounded you with love from the time you were conceived in the womb of your marvelous Mom, embraced by your loving Dad. Yet, as you moved into adolescence and into manhood you couldn’t quite believe that you were worth a whole lot. In grade school on your walks alone with the dog, Jesus was whispering to your heart “a time of peaceful seclusion” “I knew he was there and was listening”. That is, at an **intuitive level** – beyond words, the Lord was revealing himself to you and your heart responded. The trade-mark of Jesus was there: “Peace I leave with you...”

With adolescence came the eruption of your sexuality – which is directly related to love – and the desire to give oneself to another. In college this matured, and like St. Augustine states in his Confessions, “I plunged into the lovely things which you created. You were with me, but I was not with you...”

These women revealed an aspect of God to you: they saw you as precious and wanted to be with you. Michele, especially, has been God’s love made incarnate – able to walk with you and yet not possess you, or you her. That is the way God has consistently loved you: embracing you in his love, but always respecting your free will.