



## Opportunities

### Watch this Video [Travelling Light](#)

As you hear this poem by the Irish theologian Pádraig Ó Tuoma, what resonates with your life and circumstances?



### Listen to this Song [Travelling Light](#)

Consider the Bible verses which come up on the screen. How do they speak to you?



### Book a Retreat

The summer is a good time to empty your diary of some of the usual clutter and book in some time for retreat. Maggie is able to offer guided retreat time to suit your needs, on line or in person, so do be in touch - contact above.



### Soul Journey Margaret Silf

17 September 2022

Looking ahead you may like to put this date in your diary and book for this Zoom [retreat](#).

## Travelling Light

Summer days see many of us taking a break from work, travelling to see family, friends or new sights, resting, and taking life a little more slowly due to the heat. But travel chaos may threaten to disrupt our longed for time away and around the world suitcases of stuff are getting lost. We're being advised to travel light.

Often we pack as though we are moving permanently to our destination! This makes me wonder what it really means to travel light, to just live and move with a carry-on of essentials through life.



The summer can be a good time to assess our internal baggage - the stuff we carry around in our mind or heart. It can be helpful to ask what is really essential? What is making our body ache, what is giving us stress, and do we really need to keep travelling with all we have taken on? Is it possible for us to lighten up - empty some stuff?

### Jesus says

**"Keep company with me and you'll learn to live freely and lightly."**

*Matthew 11:30  
The Message*

How did Jesus manage to do that? Was it partly to do with his choices? He could choose to carry around with him, or not, the accusations, loneliness, frustrations, demands, etc, or he could keep company with the Father, who would help ease the load.

Sometimes our outer lives are so full because we're scared of emptiness, afraid of less. We would rather struggle along with 30 kg of baggage for 'just in case' rather than swing lighter through life with only 10.

Carrying a lighter load, travelling simply, neatly and essentially packed, we can be free to move lightly. There's also little space to pick up extra clutter along the way. You may like to consider praying this prayer:

**"Take, Lord,  
receive all my liberty,  
my memory,  
my understanding,  
my whole will,  
all that I have  
and all that I possess.  
You gave it all to me,  
Lord;  
I give it all back to you.  
Do with it as you will,  
according to your  
good pleasure.  
Give me your love and  
your grace; for with this I  
have all that I need."  
(St Ignatius)**

## An Exercise

### LIGHT or HEAVY?

Take a shopping bag with you outside, or around your home.

- Fill it with things to represent what you are carrying in your heart and mind (positive and negative).
- Choose bigger, heavier objects to represent the weightier issues.
- Notice how heavy and full your bag becomes.
- How easily does the bag close?
- Do you need a bigger bag? If so, would that really help?
- Note what you are happy to travel with.
- What would you prefer to leave behind?

**Let us throw off  
everything  
that hinders.....  
Let us run.....  
Let us fix our eyes  
on Jesus.....  
Hebrews 12:1-2**



Speak with God about how heavy or light you are travelling.

- What would God like you to keep carrying?
- Throw out what you don't need. Notice what you do with it and how you then feel.