



Buen Camino

Newsletter of Fr. Michael Fish, OSB. CAM

Look up, look in, look out

I've mentioned Abbé de Tourville before – born in 1842 and ordained in 1873. He was an original, independent thinker with a determination to be himself, a perfect recipe for a rocky spiritual journey in the French Church of the time. I enjoy reading him because of his humanity, spiritual insights and groundedness.

In a letter offering spiritual guidance to a nun he wrote (paraphrasing):

Stop thinking about the state of your soul and what you can or cannot give Our Lord. You are incapable, like most, of knowing what is in you. So do me the favor of contemplating on the state of the Lord's soul, meditate on what it must be like. Gaze on it as you would gaze on a beautiful sunrise. See the light, be penetrated by his energy.

I still find myself, during these “shelter” days, undergoing a rollercoaster of feelings and emotions – frustration that my plans for the Via Francigena were cancelled – anger, grief, disappointment. The more I dwelled on them, the more they grew. Then I realized the whole world is having the same ride, we are all dealing with the disruption of plans, hopes and dreams. We have all had our lives interrupted and turned upside down.

Like those Israelites in the desert, grumbling, for whom everything seemed to be going wrong, only to then stumble into an area teeming with deadly, poisonous snakes. The Israelites begged Moses to intercede and God told him to make a bronze snake and put it on a pole. Whoever looks at it will be healed and saved (*Numbers 21:4-9*).

“Look up, not down,” is what God is saying. Look up at the bronze serpent, radiant like a sunrise. Look up at the Soul of Christ, the Cosmic Christ. This changes our focus, our energy. It opens and expands us, banishes the night, drives away fear and snakes – both imagined and real – and brings healing.

What the Abbé is saying is the “Soul of Christ,” that glimmering sun, is no longer out there, but in you. The month of May

closes with the feast of Pentecost and opens us to June and living out the mystery that the Soul, the essence, the heart of Christ is now *in* you, *is* you. This is what the Holy Spirit is and this is Her gift.

So look up, look in and then look out.

Blessings,

Michael

P.S. The Feast of St. Romuald is June 19th

This is a Beautiful Time

This is a beautiful time, this last age, the age of the Holy Spirit.

This is the long-awaited day of His reign in our souls through, grace.

He is crying to every soul that is walled:

Open to Me, My spouse, My sister.

And once inside, He is calling again:

Come to Me here in this secret place.

Oh, hear Him tonight crying all over the world a last desperate summons of love to a dying race.

Acres we are to be gathered for God: He would pour out His measureless morning upon divinized lands, bought by blood, to their Purchaser given.

Oh, hear Him within you speaking this infinite love, moving like some divine and audible leaven, lifting the sky of the soul with expansions of light, shaping new heights and new depths, and, at your stir of assent, spreading the mountains with flame, filling the hollows with heaven.

Jessica Powers

THE SELECTED POETRY OF JESSICA POWERS

Creative and logistical support for Michael, his *Buen Camino* newsletter and HermitFish.com website are provided by Enigma | LA, enigmala.com



42nd anniversary of Michael's ordination

June 25th marks the anniversary of Michael's ordination in 1978, at St. Charles Catholic Church, Victory Park, Johannesburg, South Africa. Archbishop Steven Naidoo, CSsR, (pictured kneeling above) was the ordaining bishop. We all celebrate this blessed event.

Michael update

Michael continues to shelter in place, sends love and a promise of daily remembrance in quiet, walking and Eucharist.

Retreat recordings online

All 13 of Michael's retreats are now available on HermitFish.com.

Each is a full retreat, consisting of 5 talks, totaling over 5 hours. Visit:

<https://hermitfish.com/audio-retreats>

Support needed for Michael

Michael is entirely self-supporting, receiving no outside financial assistance apart from his own ministry. Your tax-deductible donation to Hermit Fish, his 501(c)(3) non-profit organization, helps to sustain Michael's ministry. Gifts of any size are greatly appreciated.

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