

HUMILITY

Having prayed and reflected deeply on the word *humility* which we chose as a group, we initially defined the word humility as:

- The ability to expect nothing whilst appreciating everything.
- The state of being humble.

Therefore, with the guide of these two simple definitions, we were able to come up with the symbol of a pot on a fire supported by three stones.

The pot symbolises Mother Bernarda; the fire, the beginnings of our congregation; and the three stones, the Most Holy Trinity.

Mother Bernarda felt the burning of the fire in her time. She went to the villages to educate young girls. She did not spare herself in working hard, and in spite of few resources, she made a difference in those situations. Though she went through all this, she was not consumed by the pressures around her. She remained firm, focused and trusted in the Triune God.



In her letter No. 7 she writes¹,

“Children, love prayer and pray whenever you can do so; be it an ejaculation or an act of awareness of God. Do not rely solely on your own discretion; place your intellect and will under subjection. Expect little or nothing from yourself but much, indeed all, from God. Trust in God and implore His help daily and unceasingly in true humility, for God gives His grace to the humble.”

Indeed, it calls for a humble person to do what Mother Bernarda did and said in her letters. We too are called to be humble, in as much as we too, are consumed by the challenges of our time: the covid-19 global pandemic, the negative impact of social media, the war in Ukraine and elsewhere, and including many others. However, as humble persons we are called to die to self (our energy, time, ego, and self-centredness), and to create life for others.

HUMILITY should help us to listen and attend to the sufferings of the poor, the marginalized, migrants driven from their homelands, and our exploited and victimized brothers and sisters in our societies.

(Reflection prepared by Sisters Janet Dzumbunu Southern Africa, Jasmine John South India, Jeevamar Benedict Sri Lanka, Hellen Kawengo Zambia and Marciline Javengwa Southern Africa).

¹ In *Cruce Salus*, page 42