

## Reflections Project: A letter to your younger self

Catholic Health Association of Manitoba

Legacy of Care and Compassion Project

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December 17, 2014

Dear Trudy,

Life is a journey in following Jesus who is the way, the truth and the life. A journey towards Jesus is meant to be a journey towards who I was truly meant to be.

It's a journey to freedom — to fullness of life. For example, take the caterpillar. Everyone sees it as an ugly, useless creature, crawling around and not doing much. The caterpillar itself gets weary and discouraged. It decides to make a cocoon and hide itself. It figures that this is the end and waits and watches in the dark. And one day the sun is bright and hot. It shines on the cocoon and what happens? A beautiful butterfly is freed, coming to the fullness of its life. The caterpillar had no idea that it was meant to become a butterfly.

*Abide in me as I abide in you.* (John 15: 4) Abide in God's love as God abides in you. As human beings we were made to relate and to reach out to one another with love. God is love. *Love one another as I have loved you.* (John 15: 12)

Trudy, trust in God's steadfast love and faithfulness. Trust in his mercy and forgiveness. Reach out to new opportunities and be ready to risk. Listen to your heart, to your deep inner self where God abides... power and wisdom lie deep within you.

Be open and willing to learn from others and from nature. Remember all events and circumstances in your life are invitations from God to deeper growth, love and surrender.

Welcome anew each new day. Each day will draw you a step closer to God, to others, to all creation and to who you are meant to be. We are all one in God, our creator.

Our journey in life leads us to oneness, home to God, one another and all of creation: Paradise. Death is the doorway to freedom and fullness of life. *Unless a grain of wheat falls to the earth and dies, it remains just a single grain.* (John 12:24)

Enjoy your journey, Trudy.

Yours,

Sister Trudy Zunti, CSJ  
Sisters of St. Joseph of Toronto