

A life – Sustaining Rule

“Let us remember the Golden Rule: DO UNTO OTHERS”- Pope Francis’s words to the Congress of the United States were interrupted by arousing standing ovation— “as you would have them do unto you.”

Despite the simplicity of the message, these words challenge us to go beyond simply being pleasant or going out of our way to be helpful. They require us to think about others, including those who may be quite different from us, and to consider how they might think and feel.

Living the Golden Rule is as important as breathing. It is like life—sustaining air, food, and water. It’s recognizing that everyone, as individuals with their own opinions and feelings, deserves respect and consideration. By practicing the Golden Rule, we show empathy, compassion, kindness, and respect as we reach out a helping hand, listen without judgment, and keep our critical tongue in check.

It’s easy to brush off the Golden Rule as if it’s meant for someone else. But in reality, it isn’t difficult to be kind and gracious to all. After a bit of practice, it starts to feel natural and you began to recognize its power.

Amen

In closing, thanks for having me as your Lecturer this past year. It has been a privilege and a very spiritual awakening through the COVID year. Thanks...Hank