

September 2025- A Reflection on Balance by Helen Bamber, SHCJ,

European Province

Soon, we will experience the September Equinox, a day when the hours of darkness are balanced by the hours of light—a moment of equilibrium when the Sun is positioned directly over the Equator.

In our lives, balance is something we admire, aspire to, and sometimes achieve.

We watch with admiration the balance of the gymnasts, dancers, and children taking their first steps.

We recognise the importance of a balanced lifestyle, enough but not too much sleep, activity, and nourishment for our health and well-being.

We also observe with sadness and concern how our beautiful natural world, once finely balanced to support all life, is now under threat from the climate crisis that jeopardizes the existence of humankind.

The Encyclical, *Laudato Si'*, calls for all people to care for “our common home” by acting with more responsibility and commitment: “Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (LS, 217)

Cornelia Connelly was familiar with St Ignatius Loyola’s approach to making decisions:

“In everyday life, we must hold ourselves in balance before all created gifts insofar as we have a choice...We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or a short one. For everything has the potential of calling forth in us a more loving response to our life forever with God” (Fleming: Contemporary Reading Sp Exxs 23)

Likewise, Cornelia’s approach to life’s decisions was ‘Let us...be just as glad in adversity as in prosperity,’ and ‘I am ready for anything that God wills.’

Where do I need more balance in my life?

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The September Equinox, when day and night are equal as the Sun crosses the Equator, is approaching.

In life, we admire, aspire to, and sometimes achieve balance.

We admire the balance of gymnasts, dancers, and children taking first steps.

We recognise the importance of a balanced lifestyle – enough but not too much sleep, activity, and nourishment for our health and well-being.

We see concern that our once-balanced natural world is now threatened by the climate crisis.

Laudato Si' urges us to care for “our common home” with responsibility: “Living our vocation to be protectors of God’s handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience.” (LS, 217)

Cornelia Connelly drew on St Ignatius Loyola’s approach to decision-making:

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Cornelia’s approach to decision making: 'Let us be just as glad in adversity as in prosperity,' and 'I am ready for anything that God wills.'

Where do I need more balance in my life? What steps can I take to nurture deeper harmony in my daily choices?