



**world wide open**

## things that you might regret doing in the first year out of school

- Catching up on all the TV you missed while studying
- Deciding that you're never going to read another book
- Doing nothing but mope around home
- Getting married or living with someone
- Getting a dog and then not training it or exercising it.
- Hitchhiking in the outback or indeed anywhere
- Joining a cult
- Living in the kind of share house where you need padlocks on anything of value
- Starting the kind of family that involves night feeds and nappies
- Taking up smoking
- Trying to beat your friend's score at Super Mario Kart. (You know that friend, the one who didn't do anything all year except Super Mario Kart.)
- Spending more time on the internet.



## some things you will experience on your outer journey

The world really is an amazing place –  
it is there for us to explore, to understand,  
to marvel at and to enjoy.

To walk in deserts and rainforests  
to ramble along beaches  
to climb mountains  
to walk ancient streets  
to admire new engineering accomplishments  
to read and expand our minds

to appreciate art in all its countless forms  
and just as importantly –  
to work out honestly and caringly  
what we believe  
and how to live those beliefs  
and one of the greatest ways  
we will do that is – to meet other  
people from all walks of life.

Because  
on the way,  
in the people we meet,  
we come face to face with Christ.

## Meeting Jesus on the road: The journey to Emmaus



Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened.

While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, “What are you discussing with each other while you walk along?”

They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, “Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?”

He asked them, “What things?”

They replied, “The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.”

Then he said to them, “Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?”

Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

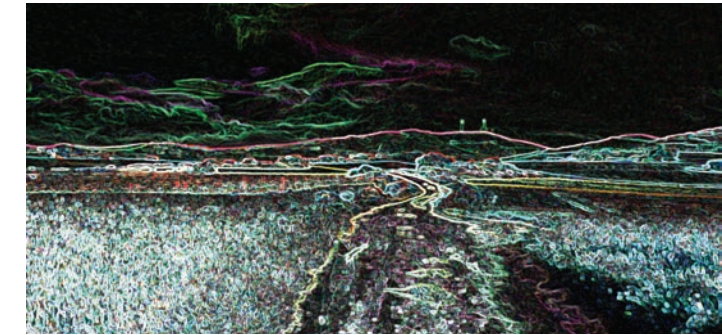
As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, “Stay with us, because it is almost evening and the day is now nearly over.” So he went in to stay with them.

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight.

They said to each other, “Were not our hearts burning within us while he was talk-

ing to us on the road, while he was opening the scriptures to us?”

That same hour they got up and returned to Jerusalem; and they found



the eleven and their companions gathered together.

They were saying, “The Lord has risen indeed, and he has appeared to Simon!” Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Luke 24:13-35



## People who see **Christ** in the **people** they meet



### The Story of St Francis of Assisi and the leper on the road.

The legend goes that Francis was still trying to work out what to do with his life. Brought up as a wealthy merchant's son, he fought in the army to defend Assisi from invaders. His father expected him to behave like the rich young man that he was. But Francis was restless, discontented and out of place in his home town.

One day Francis was riding his horse on the plains below Assisi. Ahead of him on the long straight road he saw a man walking ahead of him. As he approached closer he saw that the stumbling, ragged figure was suffering from leprosy.

Francis shuddered and pulled away to travel on the other side, gagging at the sight and smell of the man's weeping sores and filth. He had a particular horror of this disease, which caused terrible disfigurement. The whole community loathed and feared leprosy and would cast out the sufferers who were left to wander

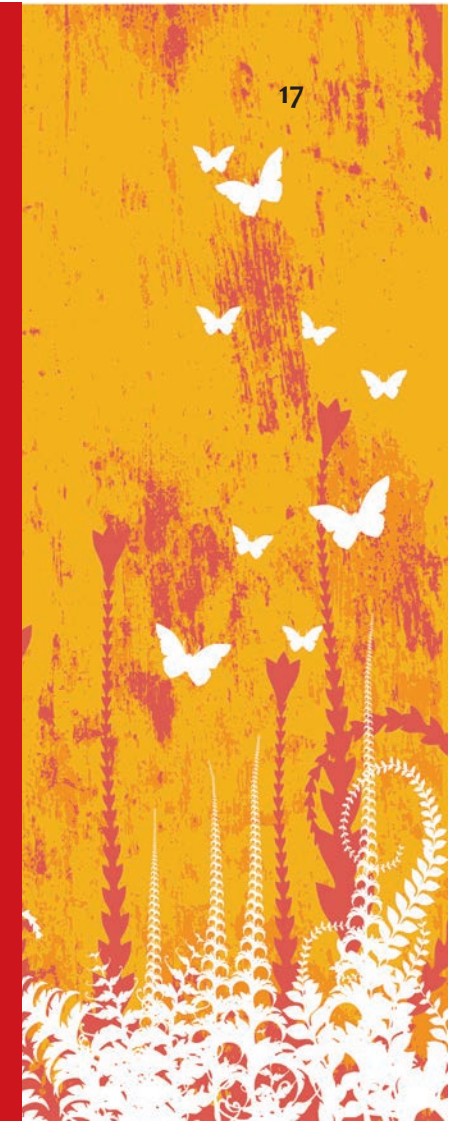
wherever they could, homeless, ragged and starving.

But as Francis moved away he felt his heart thud with compassion for this utter outcast, ill and alone in the world. He swung his horse around to approach the man. He dismounted and walked over to him, intending to give him all the money he was carrying on him.

But as Francis pressed all his money into the filthy hand, with its scars and sores and missing fingers, he was overcome with a sudden impulse of love. So he kissed the man's hand and got on his horse and rode away. A moment later he looked back along the clear road – the leper had vanished. But where had he gone? There was nowhere for him to hide.

A deep joy came to Francis and filled him. He realised that this man, diseased and outcast and alone, must have been Jesus. Jesus was showing him what his task in life was to be. His heart and soul expanded with love and compassion as he took in the vastness of the love he had experienced.

He went home and began his order of grey-garbed brothers whose task it was to show God's care and love to all people, all creatures, all over the world. For Francis extended this love and respect and compassion to animals, honouring them as sharers in love as part of God's amazing creation.



The following prayer was found in France in 1910 and has been attributed to St Francis:

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness, joy.

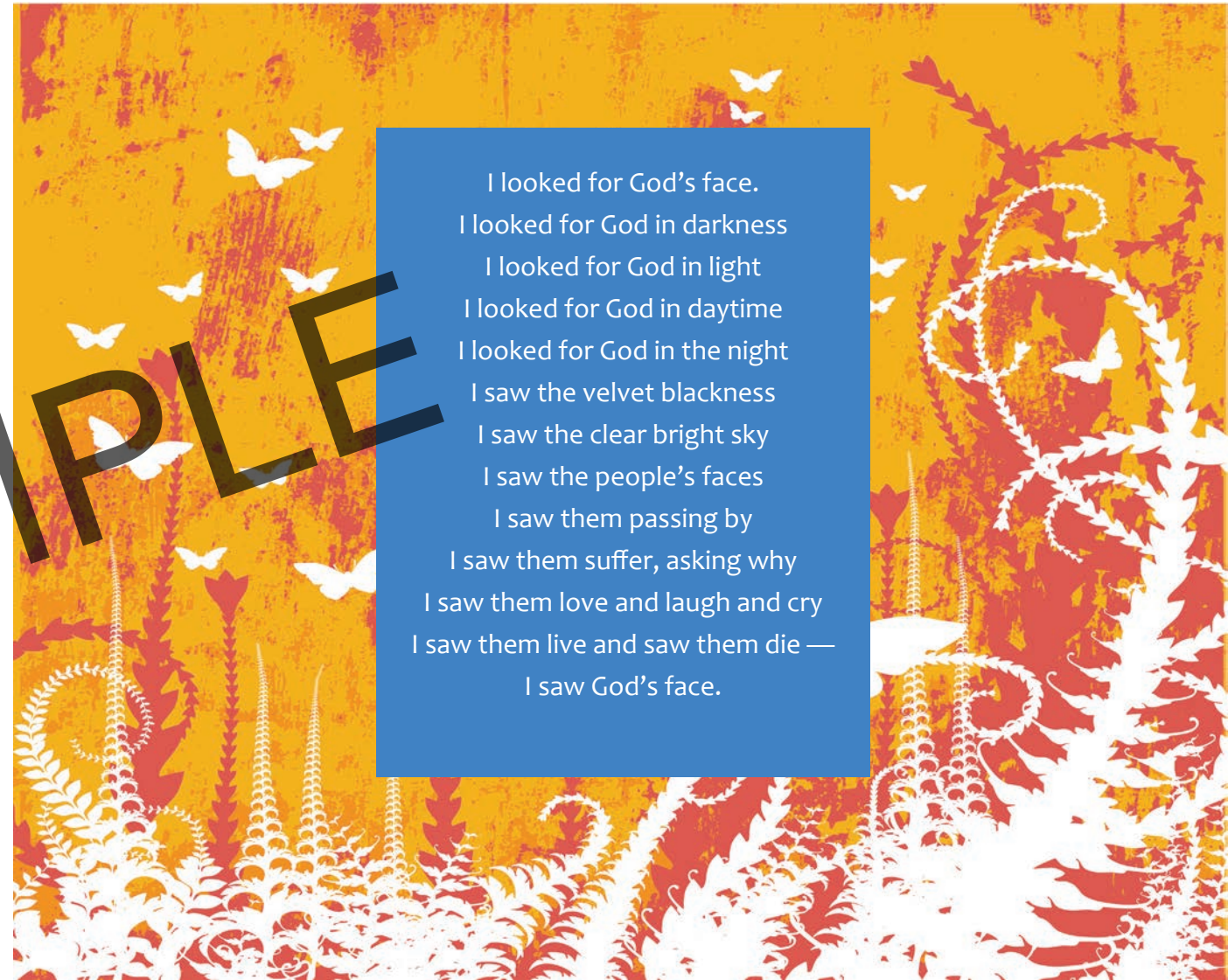
O Divine Master,  
grant that I may not so much seek to be  
consoled, as to console;  
to be understood, as to understand;  
to be loved, as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal  
Life.  
Amen.

Francis, while on his outer journey outside Assisi, received a profound inner journey experience. He retained forever the strong sense of being met by Christ in the person of the man with leprosy. Before that, he had been wandering. Now he was sure he was on the path that was the right one for him. No more cul-de-sacs, no more wrong turnings. Life was far from smooth for him after this experience, but he was forever afterwards sustained by a strong sense of God's presence in his life and in all creation.

SAMPLE



I looked for God's face.  
I looked for God in darkness  
I looked for God in light  
I looked for God in daytime  
I looked for God in the night  
I saw the velvet blackness  
I saw the clear bright sky  
I saw the people's faces  
I saw them passing by  
I saw them suffer, asking why  
I saw them love and laugh and cry  
I saw them live and saw them die —  
I saw God's face.





## Some things you will experience on your inner journey

You may find that as you travel, that life's ways are far from smooth. Don't get discouraged. This is how you learn.

You will meet with difficulties and sometimes they will knock you over.

For a moment.

But these are the times that show you who you really are. One thing is certain as you travel through life: you're going to make mistakes. Paul Kelly says it all in his song *Dumb Things*:

Welcome, strangers, to the show  
I'm the one who should be lying low  
Saw the knives out, turned my back  
Heard the train coming, stayed out on the track  
In the middle, in the middle, in the middle of a dream  
I lost my shirt, I pawned my rings

I've done all the dumb things  
Caught the fever, heard the tune  
Thought I loved her, hung my heart on the moon  
Started howling, made no sense  
Thought my friends would rush to my defence  
In the middle, in the middle, in the middle of a dream  
I lost my shirt, I pawned my rings  
I've done all the dumb things

And I get all your good advice  
It doesn't stop me from going through these things twice  
I see the knives out, I turn my back  
I hear the train coming, I stay right on that track  
In the middle, in the middle, in the middle of a dream  
I lost my shirt, I pawned my rings  
I've done all the dumb things  
I melted wax to fix my wings  
I've done all the dumb things  
I threw my hat into the ring  
I've done all the dumb things  
I thought that I just had to sing  
I've done all the dumb things.

Paul Kelly



## Mistakes: A parable



Emma walked down the pretty garden path that led to her older sister's front door. Two years ago the highlight of her Year 11 had been Melissa's wedding: Emma's first real formal dress was when she was chief bridesmaid.

A great deal had happened since then; now she was returning to her home town to be a godmother for her little niece Sophie. She rang the door bell and heard a small commotion in the hallway as her sister ran to the door carrying Sophie who was squealing with delight.

"Oh, look at you! You look so gorgeous with that hair colour," said Melissa and

stood there gazing at her younger sister with wet eyes. "I'm glad you're early. The christening isn't until this afternoon."

"I wanted to get an early flight and catch up with you. Oh Mel, I've been away too long!" cried Emma and they hugged at the door, careful not to squeeze the baby between them.

"She's so big now," marvelled Emma, stroking the little one's cheek as her brother-in-law came up the hall to greet her.

"Yes, it's her first birthday next week," said Dave, smiling. "Come on in, come in, sis. Tea and chockie bickies for the proud mum and auntie?"

"Aw, you angel," said Melissa as he went to the kitchen. The sisters went into the lounge room and sat down. Emma held

out her arms for the baby, but Sophie had other ideas. She struggled down from her mother's lap and crawled swiftly towards Dave's big patient mongrel, Bitza. The two young women watched the dog and the baby as they played. Bitza was gentle and long-suffering, even when Sophie grabbed his ears and pulled.

"Now, Sophie, don't hurt poor Bitza," said her mother. She found a ball and Sophie played with it while Bitza relaxed, his long grey muzzle on his front paws, eyes closed.

"Tell me about uni," said Melissa. "It's hard having you study interstate. We hardly ever see you these days."

"I miss you so much," said Emma. There was something in her voice that made Melissa look closely at her face.

"What is it?"

"What do you mean?"

"Come on, Em, you never could hide anything from me. Something's wrong, isn't it?"

"Look, Mel, I-I think I need to quit uni and come home," said Emma. "Things aren't ... aren't as good as I h-hoped."

"Tell me. Don't you like the course you're doing?"

"No, I, I really like it, it's just--"

"Is it that boy who's on your Facebook page?"

Emma tried to speak and no words came for a moment. Then, suddenly, "I ... I t-trusted him so much! I really thought he was ... was ... that h-he loved me --"

The tears wouldn't stop now and the words wouldn't stop either. Emma found herself telling Melissa everything. The party. The other girl. The embarrassing photos. The humiliating Facebook status updates.

"I'd like to punch him," said Dave, bringing in the tea and biscuits.

"So would I," said Melissa, her eyes glittering with anger and pity. She put her arms round her sister.

“You poor love. Don’t worry: you’re going to get through this. Just hold your head high and concentrate on your work and –”

“Oh Mel, you don’t know. That’s not all,” said Emma, blowing her nose. “I’ve been really, really stupid. I’ve got completely behind in my coursework because I got depressed and skipped classes –”

“Oh that’s nothing,” said Melissa. “I had to take a whole year off before I met Dave. I just realised I wasn’t in the right course.”

“Not everyone’s as lucky as you two,” said Emma, grumpily.

“Oh, sweetie, sometimes you’ve got to make your luck. You can start again. Just go and see the course supervisor, repeat the semester or the year, even,” said Melissa.

“I’m not lucky, I’m just a fool. I made

a huge mistake,” said Emma. “Two mistakes actually if you count stuffing up my studies as well. I’m such a loser.”

As Melissa opened her mouth to deny this, a sound at the side caught their attention. Dave, who had been watching Sophie as the two sisters focused on other things, was saying softly, “Look at this: don’t make a noise.”

They turned at the special tone in his voice. And there she was, little Sophie, her plump baby legs wobbling, hanging onto the ever-faithful Bitza. The dog was sitting bolt upright, looking important as Sophie’s sticky little fingers clutched at the thick grey fur on his shoulder.

“Ohhh, she’s actually standing!” whispered Emma. Just then Sophie turned towards them all and put one little bare foot in front of the other. As they watched, entranced, she let go Bitza’s fur

and took another step. Then she stood there, uncertain what to do next.

“Come on, darling!” said Melissa. “What a brave girl you are!”

Sophie took another step, wobbled and sat down hard on her well-padded little bottom. The jolt made her lip tremble and Emma darted forward to pick her up. Dave gently stopped her.

“Just see what she’ll do,” he said. “If she’s really upset, we’ll comfort her.”

Bitza walked over to the child and stood next to her. He licked the baby’s face. Sophie’s little mouth changed from a pout to a determined thin line. She grabbed the dog and pulled

herself up next to him. Then she let go of him and took two wobbly steps. She sat

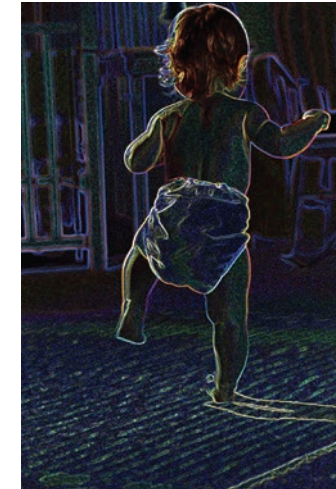
down hard once more and this time Dave picked up his little daughter and danced around the room with her as she giggled and shouted with excitement.

Melissa looked at Emma, “Did you see? What happened just then?”

Emma looked back at her sister and said, “Well yes – if a one-year-old baby can pick herself up and learn from mistakes, I can too!”

“We all can,” said Dave.

“Come on then, you girls. Let’s go and get this kid baptised before she runs off and beats us to the church!”





# Thank you

Who does not  
thank for little  
will not thank  
for much.

Estonian proverb

## Is your glass half-full or half-empty?

Your life won't be all plain sailing. But it will also have great times. Happiness is in the journey, not just at the end. If you acknowledge the good times and let yourself feel grateful for them, you will be even happier. It's too easy to meet some good fortune grudgingly, with a feeling of "It's about time! Better enjoy it while I can, because it won't last!" Such an attitude can actually drain the joy out of good experiences.

Saying thank you multiplies happiness.

Saying thank you for light strengthens us in darkness

When you're thankful for everyday things, then all the day is a gift.

When you're thankful for good things, then bad things lose their power over you.

Thank you God for:	And also, thank you God for inner things:
The sunrise	Peace of mind
Rainbows	The love of my family
A great football game	The love of my friends
Fresh water	The love of my beloved
Curling surf	The joy of discovery
A loving friend	The satisfaction of study
A magpie's warble	My favourite song
A black swan on the water	The excitement of new things
A hawk in flight	The comfort of familiar things
The smell of gum leaves	A sweet memory
A cooling breeze	An answer to a prayer
Sunlight dappling through the leaves	The relief of anxiety
A crisp ripe apple	A good laugh
A luscious mango	A faithful dog
A hot drink on a cold day	A friendly cat
An icy drink on a hot day	The comfort of prayer
Dew on grass	The presence of God.
Clouds	
Mountain mists	
Waterfalls	
The beauty of the earth.	



# Friends

Some of the people you meet along your journey will become your friends.

You have old friends, and some of these won't be travelling on this new journey with you. New friends are on the horizon. You will value and keep old friends, but the new friends you find are going to change your life. That's a guarantee!

## Some thoughts on friendship

You will find your new friends mostly through shared interests. At school, you

gravitated to the people who liked the same things you liked, but after school, these interests become passions and the friendships are correspondingly deeper.

There are different types of friend: you might have known someone since you were in kindergarten together and they are almost like a sibling. Then there is the kind of friend who teaches you something about life that you didn't know before. There is the friend in need, someone who is really kind to you when you need a friend. There are social friends, shallow friends, kind friends, even annoying friends. But they all make life full and interesting. And we all need them, for a person without them is friendless. And to be

friendless is by definition to be isolated and deprived.

The two most reliable indicators of whether a friendship is going to last are: caring about the same things and laughing at the same things.

## More thoughts on friendship

- Friends are a family that you can choose.
- A friend is one who knows when to talk and when to listen.
- If you want a friend, be a friend.
- If you can't find a friend, you're probably looking in all the wrong places.
- A friend is someone who encourages you to be your best.
- Friendship is about being with someone in the deepest sense.
- A friend can look beneath the surface to the person within.

- Your best friends are the ones who can share with you.
- Being a friend to yourself means you can be a friend to others.
- A true friend is authentic, the real deal.







## Living authentically: The real deal

How do we live our lives authentically? What does “authentic” really mean?

Being authentic is something even deeper than the old phrase “being true to yourself”. Living authentically means that you live according to what you know is true for you. It means you are sincere in your relationships and that your words are honest as well as kind.

Sometimes it’s not easy to work out what’s true and what’s not.

### A rough guide to people I might meet:

- soft heart and hard head: good
- soft head and hard heart: very bad, often dangerous
- soft head and soft heart: sometimes good, sometimes bad, can be dangerous
- hard head and hard heart: very bad, always dangerous.

### Common sense

... is one of the most valuable things you can have. Some are born with it. Do you have it? There are two types of common sense. The first is the practical kind.

A **practical person** usually remembers:

- to bring water when out walking on a warm day
- to pack enough but not too much when travelling
- to apply for visas, passports and courses in good time
- to fill the fuel tank when it’s a quarter full so they never run out.

And a **practical person** usually:

- doesn’t get cluttered, doesn’t tend to hoard stuff
- manages time sensibly, finishing assignments well within the deadline



- sets aside meaningful time for play as well as for work
- knows how much money they have and doesn't run up credit.

The second kind of common sense is a spiritual gift, **the gift of discernment**. As you travel through life in the next 10 years you will very likely do some or all of these things:

- find your chosen employment
- fall in love
- find your spouse
- become a parent.

These things are most likely to happen in your twenties. Such major life decisions need all the maturity and grace that you can bring to them. As you make all these decisions, you're going to need discernment.

## Discernment

The dictionary definitions of the word "dis-

cernment" speak of determining the value of something. It's a useful tool to have in your personality. It means you can walk the fine line between being gullible and being cynical. Discernment means that you can make good decisions in difficult situations.

In spiritual terms, discernment is very important. It's the way that we come to know what God wants of us. Discernment helps us find out God's will in our lives.

## Trusting God's will

Did those last two sentences make you uncomfortable? When you say "Thy will be done" in the Lord's Prayer, do you stop to think about what you're really saying? But when you say those words and really mean them, you are allowing God's enormous love to work in you.

God's will works to make us more, not less, free.

Accepting God's will in your life will give

you more freedom. God does not control you: God wants your love, and has given you free will.

God does not want slaves or robots.

God wants your love, not your slavery.

God wants you to be free and rational and able to make choices.

God will continue to prompt you gently to do good things, ask the right questions and grow in wisdom as you grow older.

## Trusting God: Q & A

### So what does it mean, trusting God?

It means offering yourself in trust to God. It means that you accept that God can work in you. It means giving your inner life over to God by simply saying, "Dear God, I trust you and offer my life to you."

### Does this mean I stop thinking for myself?

Not at all! God encourages you to think for yourself, because God wants your free

choice. So the powers of reason and rational thought that you already possess become more important.

### What happens if I accept God's will in my life?

Your life will change, from the inside, gradually and always for the better. You might feel a great sense of peace, as though you've finally come home. On the other hand you might not feel like this at all. Don't worry. God responds to us all as individuals in the way we can accept.

### Will trusting in God mean that I will have to withdraw from the world and never get married or have fun?

No. On the contrary, God works through everyone as much as they will allow. God will work through your life, whatever choices you make in it. God will never force you. God loves you where you are: in the world, in all your relationships and in all your work and leisure.