

REFLECTIONS WHILE IN PRISON (part 1)

Occasionally any of us can read a book that is hard to put down, one such book for me is *The Prison Journals* written by Cardinal George Pell. In this book the cardinal reflects on his own life, the Church and history. Below in point form are some insights that I have found most valuable;

- *The key to surviving any form of confinement is to focus on those things that one can do rather than being obsessed with what one can't do.*
- *Self-humor in life is the anti-dote for self-centeredness.*
- *The only Christian unity that's able to be sustained has evolved from apostolic foundations.*
- *Religious freedoms are never meant to be unlimited, nor should they have to survive by way of legal privileges.*
- *Personal honesty and goodwill in any field of life will never excuse someone's lack of professional competency.*
- *A viable just prosecution of anyone needs to prove its case beyond reasonable doubt based on grounded evidence and witnesses and not on suggestions or possibilities.*
- *The legacy of Emperor Constantine is that he established structures that connected people to God and yet at the same time were socially healthy.*
- *The reality of Vatican 11 (1962-65) was that it sharply exposed both the continuity and the ruptures happening within the Church.*

Cardinal Pell, I believe during his lonely and difficult time in prison, fortunately has used his time well, and his depth of knowledge and wisdom will nourish millions of people. *Fr Martin R Maunsell*