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2011

## No Accidents

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### Repository Citation

Roche, Fr. Randy, "No Accidents" (2011). *Spiritual Essays*. 177.

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## No Accidents

Some employers place notices in prominent locations when there have been no accidents in the workplace for a significant amount of time. An accident-free work environment is praiseworthy, especially from the perspective of the employees. Morale is diminished and fear increased with every injury and subsequent insurance claim.

From another perspective, that of noticing the positive confluence of seemingly unrelated events, there are no accidents. Examples abound in our lives, if we reflect on some of our experiences and observe the consequences upon our spirits as well as upon our minds and bodies. I can recall how pleasantly surprised I was when, on my way to make a phone call to resolve a problem that had been on my mind for some time, I met someone unexpectedly who had heard about my concern, and who offered without my even thinking to ask, a complete solution. I say, "No accidents."

How easy it is, shortly after an experience of joy or appreciation, to mentally cut short and perhaps even delete from consciousness the spontaneous positive internal response to an unexpected encounter by calling it "mere coincidence." The main obstacle to accepting the beneficence of many encouraging experiences is a sometimes unrecognized negative outlook on life, a mindset habitually attuned to criticism and skepticism rather than a willingness to accept anything and everything that corresponds with the reality of our interior experiences at the time they occur.

"Explaining away" the affirming and helpful incidences that we could not have planned is a form of rationalization, directly opposed to a heartfelt recognition of how nicely some things have come together to our benefit. We are, strangely enough, capable of spending more mental and emotional labor in explaining "coincidences" than noting with simplicity the pleasure we experience when two or more seemingly unrelated thoughts, events, or words bring us a solution to a problem, a new and hopeful opportunity, or an especially needful bit of encouragement.

What really happens when events seem to conspire on our behalf? We have no proof that it is for our sake that a bus runs just one minute late, giving us exactly the time needed to arrive at the curb for a ride. We do not have to say that God directly manipulates buses or traffic. All that is required is that we notice and accept the interior movement of appreciation whenever things work to our benefit, especially when the related events, actions, and circumstances are clearly outside our control.

Even a real accident, one that is disruptive or in some measure injurious at the moment, might at a later time seem to us "no accident," when more information or some additional occurrence takes place. A loss of a job, relationship, or desired option is almost always painful. And yet we also can recall occasions when an excellent, wholly unlooked-for opportunity arose, that would not have been possible for us without the prior distressing incident having taken place. "No accidents" does not apply automatically or simply because of the factual benefit we receive, but only when we experience an interior movement of spontaneous joy at the connection we see between the two events.

In addition to the joy of experiencing "no accidents," we can, if we choose, thank God for them. Gratitude adds a personal quality to some of the kindly coincidences that seem to occur frequently for those who are willing to accept them.