



# Deepening Circle

Empty your self in communion with the Incarnate Word  
who emptied himself with such love for your sake . . .

Lent 2026

God has transfigured our sufferings by making them serve our conscious fulfillment. In God's hands, the forces of diminishment have perceptibly become the tool that cuts, carves and polishes within us the stone that is destined to occupy a place in the heavenly Jerusalem.

But God will do still more, events which show themselves in our lives as pure loss will become an immediate factor in the union we dream of establishing with God ... [and every dear neighbor.] God must in some way make room for Godself, hollowing us out and emptying us, if God is finally to penetrate into us ... [so that we] become fullness and unity in God.

Teilhard de Chardin, DM 88

Freud thought "Love your enemies" was unrealistic. Yet Jesus was dedicated to that reality. Everything shifts when we decide to look at enemies and wish only good for them. And when we cease to see them as enemies. Our decision to love others and wish them well is born of our having been cherished in this same way. But who can wish well-being for enemies? A mystic? A holy person? No, only folks moving toward healing and health. Who can pull that off? Only a healed person can.

It's not for nothing that the one who enters that locked room after the Crucifixion and says, "Peace," was the one bearing wounds. Jesus bears his wounds. He doesn't move beyond them; he moves with them into the room. Not merely tolerating, but embracing them. Jesus makes friends with the wounds. We don't move on from trauma but learn to move with it. Jesus' remarkable presence announces his exquisite compassion and room for every foible, failure and shame. We are all held in Jesus' wounds!

Gregory Boyle, *Cherished Belonging*



**It's all about relationship:** When someone is speaking, attempt to be in their shoes, to feel what they feel, to let go of your point of view and so you can sense how they see the world. At the same time, listen for the interconnections among us.

**What if we** could come together without the limitations of our self-centered personaity getting in the way? For example: caught in my own story, proving my self-worth, defending my self-imagem my beliefs and opinions.

**A real question** shocks us into not knowing ... then there are as many answers as there are people in the circle. We can assume that what we each feel, see, hear, perceive, is just one window on a common reality. What are WE saying?

**The Journey** There is a journey you must take. It is a journey without destination.

James Primosch There is no map. Your soul will lead you. And you can take nothing with you.

## ONLY MY NOTHINGNESS

When I learn to let go of who I think I am and relinquish all I think I need to be me,

You cannot resist entering my heart, and do, for when I let go of thinking that my life is mine, You finally have room to make it Yours

and cannot help but come to fill what is empty. Then You give Your allness, so I shall know Your heart as mine and mine as Yours.

## YOU WAIT FOR ME

I think mine is the work of finding You but You wait for me in my joy and in my wounds to reveal who You are, which is Love, and to radiate what You are which is Light.

CHECK US OUT AT  
[deepeningcircle.com](http://deepeningcircle.com)

## LENTEN PRACTICE

In your prayer: Let go. Sink back into the silent ground of being, where infinite being, God's being, shines as your very own self!

As we practice this letting go, we are invited into the heart of Love: the art of being compassionately human and at home in our whole self-- including our imperfections.

And then we offer that same compassion to those we meet.