



To know love, become love!

Spare me perfection. Give me instead the wholeness that comes from embracing the full reality of who I am, just as I am. Paradoxically, it is this whole self that is most perfect.

As it turns out, wholeness, not perfection, is the route to the actualization of our deepest humanity. Inconsistencies, imperfections, and failures to live up to ideals are all part of what it means to be human.

What seems to distinguish those who are most deeply and wholly human is not their perfection, but the courage to accept their imperfections. Accepting themselves as they are, they then become able to accept others as they are.

The harmonic of the universe is wholeness, not perfection; more specifically, it is wholeness that involves differentiation. Living wholeness is participating in the Dynamism of Love that gathers everything together into greater unity and consciousness. It is to live with an openness of mind and heart, to encounter others, not as strangers, but as parts of one's self. (It is to BECOME LOVE!)

When we enter into the heart of love in this way, we enter the field of relatedness and come to know our deepest belonging and calling. Wholeness and love are inseparable. Love leads to larger wholes and there is no wholeness that is not built on love.

David Benner, PhD, in CAC's Journal *Ongoing*



Become Love

If You want to know God, become love.
If you want to know others, become love.
If you want to know yourself, become love.

And if you want to know Love, forget all
you thought you knew or needed to know,
and become Love.

Sweeney & Burrows, *Meister Eckhart's Book of Secrets*

Deepening Circle

For Prayer and Reflection

Advent Christmas 2025

"Lord, when was it that we saw you?..." —Matthew 25.37

Until we see the throne of the Holy One rightly we see nothing. It's an upturned five-gallon bucket on a street corner, a bed in the locked ward, a cot in a refugee camp. A cell. A wheelchair. This is where the Mystery abides. The burning Sun of Life, the hand that spins the universe, the uncontainable Heart of Grace, will not be confined to the familiar, the comfortable, the esteemed.

A pretty face, elegant mastery, even wisdom, these are distractions, little baubles outside the temple. The Ferocious Glory will not be packaged. Look in the yellowed eyes, the matted hair. Listen to the strange accent, the halting speech, or mangled speech, or none. The Infinite One is there.

Maybe hardest of all, look at that annoying co-worker, the boss from hell. No one, no one, is exempt. No matter whose presence you are in, you are always as close to the throne of heaven as you think you are.

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DEEPENING COMMUNION WITH GOD IN A CIRCLE OF RELATIONSHIP

coming together, attuning to the field of silence in-between, thinking contemplatively, each listening reverently, each offering her 'widow's mite,' together inviting a depth of movement and wisdom to arise between us, tapping into a deeper part of the Self, words emerging that are fresh, new, almost lyrical; speaking from unknowing, trusting the living presence of Spirit within and among us ...

Song: You're the Light of God by Michael Gott

I see you in all your wonder and your radiance. And I know who you are. Yes. I know who you are. You're the light of God. I know you struggle. I know you're in pain in ways I'll never understand. But I won't go away in sunshine or rain. I'll be there holding your hand.

We all need help. We've all been in fear. Sometimes we just cannot see. When the song of your soul is too faint to hear, will you listen to me? I know your name. I know your light. When you're lost, lost out in the darkness, will you trust my sight? Trust me.



The Practice of Love that Creates Communion

In your prayer, allow the Sacred Heart of Love to embrace you in your wholeness, include your imperfections and failures.

Again and again, embrace the full reality of who you are and extend that to every dear neighbor in every encounter.