



—Margie Thompson, SSJ

The Healing that Comes

—Jan Richardson

I know how long
you have been waiting
for your story to take
a different turn,
how far you have gone
in search of what will mend you
and make you whole.

I bear no remedy,
no cure, no miracle
for the easing of your pain
but I know the medicine
that lives in a story
that has been broken open.

I know the healing that comes
in ceasing to hide ourselves away
with fingers clutched
around the fragments
we think are none but ours.

See how they fit together,
these shards we have been
carrying; How in their meeting
they make a way
we could not find alone.

Prayer & Creative Journaling

If you feel inclined, as a way
of deepening the communal
collective field between us,
you might intentionally
choose to do the prayer
practice daily and to use this
reflection sheet as a journal-
starter during Lent.

*We impact our current cultural
consciousness through our
moment by moment responses
to life.* T. Heubl

Bearing Witness: One with the grief of the world

The grief that accompanies our own experiences of deep loss and trauma places us in intimate communion with the grief of the world. We find ourselves in heart-felt communion with all those communities who are suffering unbearable loss—the people of Ukraine, Afghanistan, Haiti, people on our southern border, those suffering the threat of climate change, starvation, the Covid 19 pandemic—and more.

We find ourselves united in a sacred space of communal grief with a grieving world. And we are invited through contemplation and dialogue to bear witness, to feel the full weight of this global reality that is also very personal.

Bearing Witness: We raise the powers of Love upward

It is poignant that a time of grief, confusion and loss also has the potential to open our hearts to one another and the world in healing ways. Coming together, simply spending time together, holding sacred space with one another is a counter-movement to all the forces of hatred, violence and domination in our world right now. Coming together in shared heart-space is healing and transformative for us and for the world.

Here – in and as the living body of Christ, we find our power to love without boundaries. Here - as we participate in the healing love of Jesus, there is no distance between us and no one is lost. Here – in the human miracle of communion we actually do raise the powers of Love upward as we create the Beloved Community by our thoughts, words and actions. Right now. Today.



Prayer Practice: Simply sitting with attention rooted in my heart, in that deep wellspring of Spirit, in resonance with that human-divine frequency of Love at my core, I AM present.

I stand
contemplating
the Crucified Beloved
turned toward
ALL of it
One with YOU—
even in my own body.
No way out.



And then!
a robin sings
insistant,
determined ...
a mate responds.
And I AM
attuned, tuned in
rejoicing..

—Liz Sweeney

All the good I can do is physically gathered in, by something of itself, into the reality of the consummated Christ. Everything I endure, with faith and love, by way of diminishment or death, makes me a little more closely an integral part of Christ's mystical body. **Quite specifically it is Christ whom we make or whom we undergo in all things.** Teilhard de Chardin