

Reflection for Thursday Week 15 – Our Lady of Mount Carmel 2020

Mounty Carmel is considered to be where Elijah the prophet defeated the 400 priests of Baal. At the sacrifice of the bullock, the people proclaimed “*The Lord is God! The Lord is God!*” The whole event proclaimed the greatness of God and the power of good over evil. People later came to this mountain in the 11th century to devote their lives in contemplation that this led to the foundation of the Carmelites. Taking up the yoke of Jesus means committing oneself to following his way, the way of goodness, and turning away from evil. The feast emphasises the importance and value of contemplation.

John O’Donohue spent his life in contemplation and prayer and shared his thoughts through his writings. His contemplation led to this blessing written shortly before he died.

Beannacht (*Blessing*)

On the day when
The weight deadens
On your shoulders
And you stumble,
May the clay dance
To balance you.

And when your eyes
Freeze behind
The grey window
And the ghost of loss
Gets into you,
May a flock of colours,
Indigo, red, green
And azure blue,
Come to awaken in you
A meadow of delight.

When the canvas frays
In the currach of thought
And a stain of ocean
Blackens beneath you,
May there come across the waters
A path of yellow moonlight
To bring you safely home.

May the nourishment of the earth be yours,
May the clarity of light be yours,
May the fluency of the ocean be yours,
May the protection of the ancestors be yours.

And so, may a slow
Wind work these words
Of love around you,
An invisible cloak
To mind your life.