

## Reflection Thursday Week 30 All Souls 2023

The ones we love  
shine for us - in the stars,  
in the glow of the moon,  
in the sun each time it rises.

The ones we love  
shine in us too.  
In the good things we do  
for the world and each other.  
In memories, which are never lost,  
in our hearts, forever.

John Keates wrote: "A thing of beauty is a joy forever; its loveliness increases;  
it will never pass into nothingness."

### **Macrina Wiederkehr osb**

#### **A gift of Life and death**

I want my death to be a gift, a birth.  
When in that final breath  
I breathed myself back into God,  
I believe I was drawn back into you also.  
Into the world of stars and earth,  
plants and birds and animals,  
into the roaring sea.  
I have become an intimate part of all the universe.  
And so, as I am breathed back into the heart of this world,  
into the hopes and dreams and joys of people,  
into the yearnings and the tears and sorrows of this world,  
I hope my death is both a birth, and a gift.  
I want my death to be a gift;  
and the only way my death can be a gift,  
is if my living was a gift  
to this frantic, confusing, lovely messy moment in history.  
After all, my life was visible and unhidden,  
alive with a hope that had no boundaries,  
ever aware of the immense goodness, at my fingertips,  
within my reach, receiving and sharing that goodness;  
midwifing it into being, tasting that incredible truth,  
that every day is a good day for living  
and that every day is a good day for dying.  
I want you to see my life as a gift  
so that my death may be gift, too.