

Reflection Friday Week 34 – 2023

All around us trees are gradually shedding their leaves; more slowly this year than in previous years. The temperatures have dropped to below zero like a pause in breathing. Amid this sense of loss and the shedding of all that is lifeless, there is a sense of hope. Hope often found, as Pope Francis keeps reminding us, in helping those in any kind of need. The signs of hope expressed in the eyes or a smile, as well as in words of gratitude. These are the buds Jesus refers to, buds of new life for the future.

All plants need light in order to grow and develop so it is good to know that Jesus comes to us as the Light of the World, a radiant and all-embracing light as described by Daniel. Macrina Wiederkehr writes about this autumn season as source of preparation during Advent:

The Sacrament of letting go

*Slowly, she celebrated
the sacrament of Letting Go
First, she surrendered her Green,
then the Orange, yellow and Red.
Finally, she let go of her Brown....
Shedding her last leaf,
she stood empty and silent, stripped bare.
Leaning against the sky, she began her vigil of trust
Shedding her last leaf,
she watched its journey to the ground...
She stood in silence wearing the colour of emptiness
Her branches wondering
how to give shade, with so much gone?
And then the sacrament of waiting began.
The sunrise and the sunset
watched with Tenderness, clothing her with silhouettes.
They kept her hope alive.
They helped her understand that
her vulnerability, her dependence and need,
her emptiness, her readiness to receive
were giving her a new kind of beauty.
Every morning and every evening she stood
in silence and celebrated the sacrament of waiting!!*