

Our Lenten Retreat - Week 5

Laetare - (You) Rejoice!

This week we scribe our gratitude.

The gloom of the world
Is but a shadow;
Behind it,
Yet within reach,
Is joy.
Take joy.

Fra Giovanni from 1513

He who binds to himself a joy,
Does the winged life destroy,
But he who kisses the joy as it flies,
Lives in eternity's sunrise.

William Blake

From joy springs all creation,
By joy it is sustained,
Towards joy it proceeds,
And to joy it returns.
Mundaka Upanishad

Archetypal Energy for the week:

This week we will enter into the archetypal energy of the Scribe.

The Scribe, Caroline Myss writes, is one who copies “existing words rather than create new ones.” We aren’t telling a story that isn’t there. We are leaning into what is behind the story.

Our practice this week:

This week you will take joy! Not that which has revealed it, but the joy itself. Take it by offering up your gratefulness, and please offer that up just like last week, to a partner or two. You decide if you want to share with someone new, or if you’d like to continue to grow in practice with the same folks.

The words and images will be of the revealer, but our focus will be on what is emerging, not just that from which it emerged. We are prepared for this by having considered how it is that a person can hear the word “Lord,” and in that moment comprehend all the meaning that includes YHWH, BEING, *ehyeh asher ehyeh*. We can be in this world of form, navigating life, and still be attentive to the emanation of joy, love, Buddha-nature, God in every moment. We have to train our minds to do this, and it is well worth the effort. It changes everything.

Our prayer for the week:

Adonai, shining forth in all my life, may I see you, notice you, and rejoice in your presence as it flows to me without ceasing. May I allow it to flow through me without ceasing. In every moment of joy, let me recognize my own gratitude growing, and may I scribe it so that it is noted for what it is, you emerging in my life. May I know that the very act of offering thanks reveals my own nature. I am grateful. And so it is. Amen.