

Our Lenten Retreat - Week 8

Easter Sunday

Archetypal Energy for the week:

This week we rest into the energy of the mystic. It already dwells within you. the definition from Kushner, “A mystic is anyone who has the gnawing suspicion that the apparent discord, brokenness, contradictions and discontinuities that assault us every day might conceal a hidden unity.” Feed that gnawing suspicion, and let it draw you forward.

Our practice this week:

Find a partner and set a time to get together. Commit out loud to keep confidential your conversation. Take turns sharing and listening.

Share what you have experienced through this retreat. Offer up your greatest challenges and your greatest “A-ha” moments. Speak out loud and write down what it is that is yours to do in this world. What is the healing you offer the world? Define it as clearly as you can so that you remember to do it in every moment.

When you listen, do so actively. Mirror back what you are hearing the other person say; don't try to “fix” them. You are their sacred witness. Offer encouragement when they share ways that they've made progress, and support when they share times they've slipped.

As you move through this week, consider these words from Rachel Naomi Remen.

“In the beginning, there was only the darkness, the *Ein Soph* - the source of life. And then, in the course of history, at a moment in time, this world - the world of a thousand thousand things - emerged from the heart of the holy darkness as a great ray of light. And then, perhaps because this is a Jewish story, there was an accident, and the vessel containing the light of the world - the wholeness of the world - broke. And the wholeness of the world - the light of the world - was scattered into a thousand thousand fragments of light. And they fell into all events and all people where they remain deeply hidden until this very day. The whole human race is a response to this accident. We are here because we are born with the capacity to find the hidden light in all events and all people. To lift it up and make it visible once again, and thereby, to restore the innate wholeness of the world.

“This is called Tikkun Olam, the restoration of the world [cosmos]. This is a collective task. It involves all people who have ever been born, all people who are presently alive, all people yet to be born; we are all healers of the world. And that story opens a sense of possibility. It’s not about healing the world by making a huge difference; it’s about healing the world that touches you, that’s around you.”

Our prayer for the week:

Beloved creator, I move through the world with my eyes open for every opportunity I have to extend the hand of healing to another. I need not be perfect; I need only trust that your light will shine through. I am here only to be truly helpful. Let my hands be your hands, my eyes your eyes, and my heart filled with the unconditional caring that you have for all beings. As I let you teach me to heal others, I too am healed. I am so grateful. And so it is. Amen