

## Tells the Clouds to Weep

by Mirabai Ceiba

Lightning is not guidance.  
Lightning simply tells the clouds to weep.  
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Cry a little.  
Cry a little.  
The streak-lightning of our minds.  
Comes that we'll weep.  
And long for our real lives.  
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Prayer Leader:

Ginny May Drotar  
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## Lent: Longing for Our Real Lives



Our prayer is characterized by silence ~

*Be still and know that I am God!*

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence

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## To Ponder: The Mindful Mirror of Lent and Passion Week by Jim Burklo

Lent culminates when Jesus asks one thing of his disciples: remain with me, stay awake with me. with me, simply present, quietly listening, carefully appreciating. Be mindful, here and now, because now is all we ever had, and now is all we ever will have. They fell asleep and missed the eternal now that they could have with their beloved teacher in his final moments.

How about you? How about me? Will we stay mindful this Lent? Will we look at what is, in the here and in the now? Will we stay awake to the eternal life we can enjoy right now? Or will we fall asleep? This 40-day season of Lent invites us to join Jesus in practicing mindfulness as he did in the desert.

Sometime this week, go to a quiet place – a metaphorical desert– and get comfortable. In silence, observe whatever arises to take your attention. Be a quiet presence, like a friend who stays close in silence with a loving attitude toward you. In the silence, sitting in the desert with Jesus, who are you? The observer, or the personality and body? Meister Eckhart preached that “The eye with which I see God is the same with which God sees me. My eye and God’s eye are one eye, and one sight, and one knowledge, and one love.” Teresa of Avila advised her fellow nuns: “mire que le mira” – “see that you are seen”. Mindful Christianity begins with this experience of spiritual union with the Divine, seeing that we are seen with the same eye. The observer within you, when you are deep in mindful prayer, is God. This divine seer showers loving attentiveness toward your every sensation, urge, and thought. God is compassionate awareness of all that manifests within you. To be mindful is to do what Jesus asked his disciples to do at Gethsemane: wake up. First to what is, and only then to what ought to be.

Mindful Christian practice is simple. But it’s not easy. It’s easy to think and feel habitually. It’s difficult to stand back in meditative prayer and observe those habits. When we “see that we are seen”, we realize that some habits serve neither ourselves nor others very well. Lent polishes the mirror of Christian scripture and tradition so that we can clearly **see** our own passions in it, become mindful of them as we **pray**, and then **act** compassionately on what we find. The practice of Lent erases the distinction between the contemplative life and the socially engaged life. It’s one life. Let us practice a mindful Christianity that helps ourselves and others see what is, so we can begin to imagine and work for the redemption of our society, on the other side of the cross. Amen!

## Reading: “For Courage” John O’Donohue

When the light around you lessens,  
and your thoughts darken until  
Your body feels fear turn cold as a stone inside,  
When you find yourself bereft, of any belief in yourself  
And all you unknowingly leaned on has fallen,  
When one voice commands your whole heart,  
And it is raven dark, steady yourself and see  
That it is your own thinking that darkens your world.

Search and you will find a diamond-thought of light,  
Know that you are not alone,  
and that this darkness has purpose;  
Gradually it will school your eyes,  
to find the one gift your life requires  
Hidden within this night-corner.

Invoke the learning of every suffering you have suffered.  
Close your eyes.  
Gather all the kindling about your heart to create one spark,  
That is all you need to nourish the flame  
That will cleanse the dark of its weight of festered fear.  
A new confidence will come alive  
to urge you towards higher ground  
Where your imagination will learn to engage difficulty  
As its most rewarding threshold!

Sharing...

a word...

a phrase...

a reflection...