

Hafiz Poem

Don't surrender your loneliness so quickly;

Let it cut more deeply .

Let it ferment and season you as few
human or even divine ingredients can.

Something missing in my heart tonight

has made my eyes so soft,

my voice so tender,

my need of God so absolutely clear.

Hafiz

Stages of Grief JW Warden

- 1 Accept the Reality of the Loss.
- 2 Feel the Pain.
- 3 Adjust to the Environment Where the Loss is Missing
- 4 Find an Enduring Relationship with the Lost one/Lost situation/Lost thing.
- 5 Move Forward.

Adapted by David Hoover

Hopi Wisdom A door or a hole

This moment that humanity is living through can be considered a door or a hole. The decision to fall into the hole or go through the door is yours.

If you consume information 24 hours a day, with negative energy, constantly nervous, with pessimism, you will fall into this hole.

But if you take the opportunity to look at yourself, to rethink life and death, to take care of yourself and others, you will go through the door.

Take care of your home, take care of your body. Connect with your spiritual home. When you take care of yourself, you take care of others at the same time.

Do not underestimate the spiritual dimension of this crisis. Adopt the perspective of an eagle that sees everything from above with a broader vision.

There is a social demand in this crisis, but also a spiritual demand. The two go hand in hand. Without the social dimension, we fall into fanaticism. Without the spiritual dimension, we fall into pessimism and futility.

You are prepared to go through this crisis. Grab your toolbox and use all the tools at your disposal. Learn to resist by the example of the Indian and African peoples: we have been and continue to be exterminated. But we never stopped singing, dancing, lighting fires and having joy.

Don't feel guilty for feeling lucky in these difficult times. Being sad and without energy doesn't help at all. Resilience is resilience through joy!

You have a right to be strong and positive. You have to maintain a beautiful, cheerful, and bright posture. This has nothing to do with alienation (ignorance of the world). It is a strategy of resistance. When we walk in the door, we have a new view of the world because we have faced our fears and difficulties.

This is what you can do now:

Serenity in the storm

Keep calm, meditate daily

Make a habit of encountering the sacred every day. (Silence, beauty, awe, gratitude, nature, living beings)

Demonstrate resilience through art, joy, trust and love

Hopi Indian Chief White Eagle

Psalm 34

I will bless the Lord at all times; God's praise will be continually in my mouth.

My soul makes its boast in the Lord; let the humble hear and be glad.

O magnify the Lord with me, and let us exalt God's name together.

I sought the Lord and he answered me, and delivered me from all my fears.

Look to God and be radiant so your faces shall never be ashamed.

The poor soul cried, and was heard by the Lord,
and was saved from every trouble.

The angel of the Lord encamps around those who fear him, and delivers them.

O taste and see that the Lord is good, happy are those who take refuge in God.

Psalm 130 Out of the Depths

Out of the depths I cry to you, O Lord.
Lord, hear my voice! Let your ears be
attentive to the voice of my supplications!

If you, O God, should mark iniquities, Lord,
who could stand?

But there is forgiveness with you, so that
you may be revered. I wait for the Lord, my
soul waits, and in God's word I hope; my
soul waits for the Lord more than those
who watch for the morning, more than
those who watch for the morning.

O Israel, hope in the Lord!

For with the Lord there is steadfast love,
and with God is great power to redeem.
It is God who will redeem Israel from all its
sorrow.

When Crisis Comes **Sunday, July 25, 2021**

Living in a transitional age such as ours is scary: things are falling apart, the future is unknowable, so much doesn't cohere or make sense. We can't seem to put order to it. This is the postmodern panic. It lies beneath most of our cynicism, our anxiety, and our aggression. Yet, there is little in the biblical revelation that ever promised us an ordered universe. The whole Bible is about meeting God in the actual, in the incarnate moment, in the scandal of particularity. It is rather amazing that we ever tried to codify and control the whole thing.

Chaos often precedes great creativity, and faith precedes great leaps into new knowledge. The pattern of transformation begins in order, but it very quickly yields to disorder and—if we stay with it long enough in love—eventual reordering. Our uncertainty is the doorway into mystery, the doorway into surrender, the path to God that Jesus called “faith.” In her work on “crisis contemplation,” CAC teacher Barbara Holmes confirms what we and others have long suspected—that great suffering and great love are the two universal paths of transformation. Both are the ultimate crises for the human ego. Barbara writes:

The crisis begins without warning, shatters our assumptions about the way the world works, and changes our story and the stories of our neighbors. The reality that was so familiar to us is gone suddenly, and we don't know what is happening. . . .

If life, as we experience it, is a fragile crystal orb that holds our daily routines and dreams of order and stability, then sudden and catastrophic crises shatter this illusion of normalcy. . . . I am referring to oppression, violence, pandemics, abuses of power, or natural disasters and planetary disturbances. . . .

We can identify three common elements in every crisis: The event is usually unexpected, the person or community is unprepared, and there is nothing that anyone could do to stop it from happening. Even if there are signs everywhere that something is not right, we tend to ignore the warnings and the signposts. Not even sky writing, or messengers from other worlds, would be able to shift our gaze from the comfort of our daily routines. Thus, the slave catchers, the roundups for native removal, the pandemics, devastating hurricanes, and volcanic eruptions catch us off guard. . . .

When the unexpected happens during a communal crisis, we are not alone. We are with friends and neighboring villagers, and we all experience the same break in reality. Bereft of words, all of us hold the same question: How could this be happening? . . .

I consider crisis contemplation to be an aspect of disorder that prepares communities for a leap toward the future. This is a leap toward our beginnings. We are not just organisms functioning on a biological level; our sphere of being also includes stardust and consciousness. We all have a spark of divinity within, a flicker of Holy Fire that can be diminished, but never extinguished.

The Examen

Relish- Give thanks to God. Begin with gratefulness for God's goodness.

Request- Ask God to fill me with the Spirit to open my awareness.

Review- Going hour by hour, I reflect on my day, lingering on the important parts and moving quickly past the less important.

Repent- Continuing in thanksgiving, I reflect on the ways I fell short or could have done better. What opportunities for love did I miss?

Resolve- What does the next day hold? How might I walk closer to God? What is in store? What kind of person is God calling me to be in the next day?