Twenty-five years ago, I visited Waimanalo Beach on Oahu in the Hawaiian Islands. This beach, nestled in a Native Hawaiian community, is set in a three-dimensional frame with mountains on one side and ocean on the other, blue sky above and sand below.

I arrived exhausted from the work of ministry. The majestic natural beauty ministered to me in very deep and mysterious ways. Feeling the heat of the bright and welcoming sun stimulated and enlivened my body. Walking in the cool and embracing sand focused and reinvigorated my mind. Listening to the soothing sound of the waves nurtured and rejuvenated my tired soul. The restorative power I enjoyed was exhilarating. This sense of mystical tranquility was intense while walking along the enchantingly beautiful Waimanalo Beach (affectionately called “the healing beach” by friends who live on Oahu). I felt extremely secure and unconditionally loved. I felt I could almost reach out and hold hands with God. While the waves caressed my weary spirit, the stresses of life were released, and I relished in a profoundly refreshing sense of restfulness.

I delighted in the awareness that I belonged. My weary soul had been embraced and caressed by the Creator through a spiritually embryonic homecoming experience. I wanted to stay forever. And, upon returning to the mainland, I could only say that I had been resting in the womb of God.

The ocean is the place in nature where I find the greatest spiritual rest. In addition to the Pacific, I have basked in the soothing winds and calming sands of the Indian Ocean, Gulf of Mexico, Atlantic Ocean, Mediterranean Sea, as well as the ocean-like quality of Lake Michigan and its sand dunes. Memorable and deeply restorative as all of those experiences have been, living in Minnesota means that traveling to them for spiritual rejuvenation can only be a sometime—if special—thing. But, special as a scheduled retreat or a vacation can be, I cannot wait for them to address the heaviness of life, or even its pure busyness. Instead, I have learned to seek therapy for my soul that can be experienced right where I live.
I am comforted to know that Jesus faced a similar dilemma. His hectic life left little room for ocean retreats. Even when he did try to get away, he would be interrupted. Jesus traveled to the Mediterranean coastal city of Tyre in Lebanon for some rest, and a woman in need of healing for her daughter barged into the home where he was staying, disrupting his attempt to find solitude (Mark 7:23-30). Yet Jesus’ life also exemplified a way of finding contemplative spaces amid noisy and cluttered realities. In the first verse of Matthew 13, we find Jesus sitting by the lake. By Verse 2, he is surrounded by crowds.

The Gospel writers note that while Jesus often was by bodies of water seeking some solace, he would also hike into the mountains and hills. Sometimes he would pray early in the morning. The crowds were the reality of Jesus’ ministry work. Yet he could find contemplative spaces to rest in the womb of God right where his life was occurring.

Howard Thurman noted the importance of this, "There must be always remaining in every life some place for the singing of angels—some place for that which in itself is breathlessly beautiful and by an inherent prerogative, throwing all the rest of life into a new a creative relatedness—something that gathers up in itself all the freshness of experience from drab and commonplace areas of living and glows in one bright white light of penetrating beauty and meaning—then passes. . . . Despite all the crassness of life, despite all the hardness of life, despite all of the harsh discords of life, life is saved by the singing of angels.”

Remembering the thin places that ministered to me on Waimanalo Beach, I try to map out contemplative spaces in my daily life. I know where many of the lakes and walking paths in Minneapolis are. I can grab a quick hour or even fifteen minutes of peace. And I have learned to shut my office door, even for a few minutes, to transport my mind and thoughts to a quieter zone.

Nothing can completely replace my need for spiritual retreats, vacations, and regular meditation. Yet, amidst the challenges of daily life or committed activism, they seem like occasional luxuries. Day by day, I need to practice the discipline of finding, mapping, and using contemplative spaces right where I am . . . to hear—especially now as the season of Advent begins—the singing of angels . . . to experience the rest found in the womb of God.

Curtiss Paul DeYoung is the CEO of the Minnesota Council of Churches. He has served as a pastor, professor, and nonprofit leader. He is an author and editor of twelve books on reconciliation, interfaith social justice activism, racism, and cultural diversity.

He has deep relational networks in South Africa and the Holy Land. He has been married for thirty-five years to Karen and is the father of three adult children. He can be reached at curtiss.deyoung@mnchurches.org.

Ongoing Opportunities

Ministered to: “the woods are lovely, dark and deep”
The Hermitage at Clearwater Forest came into existence some years ago expressly in recognition of the reality that many in ministry find it challenging to take time for themselves . . . time to be ministered to.

The Hermitage is a special place for relaxation and renewal, . . . for reflection and writing, . . . for solitude and prayer. It is out in the woods, away from the main camp, with a large picture window, a screened porch for nature watching, a winding path down to the lake, and with its own dock and in summer a kayak or canoe.

Inside you will find simple comforts, an extra-long bed, a broad writing table, and a comfortable reading chair. There is electricity for lighting, a coffee maker, a microwave, and a small refrigerator. The propane fireplace provides warmth in cooler or cold weather, and the outhouse is heated!

The Hermitage is open to all, for a small fee, and—in keeping with its founding purpose—is available free of charge to all clergy, religious, and church professionals of all denominations or faith traditions.

Whatever you do, please consider coming to the Hermitage in these quieter days of winter, “to watch the woods fill up with snow.”

Or anytime.

It is a place of peace, of deep peace: Available seven days a week, all year round
Clearwater Forest Retreat Center, Deerwood, MN
For information or to reserve a time: office@clearwaterforest.org or 218.678.2325 or www.clearwaterforest.org.

Explore Centering Prayer,
and deepen your daily practice of Step 11
Richard Rohr has called 12 Steps the most important spiritual practice developed in the Americas.
As he says and many know, it carefully avoids metaphysical and super religious language and seeks to set forth the steps in the process of transformation,
the steps on the journey itself. It asks for a surrender of self and an openness to a Power greater than oneself. And, describing this Power as “the God of my understanding” has helped to make spirituality more palatable to many who have not had good religious experiences, whose contact with organized religion has been with faith traditions with notably prescriptive doctrines and practices.

However that may be, both those who may start in Centering Prayer and come to 12-Step and those who start in 12-Step and come to Centering Prayer are likely to recognize the deep and nourishing synergy of these two encompassing practices.

Within the Twin Cities metro area, there is a “12-Step Friendly” Centering Prayer group that meets weekly and a Centering Prayer group [that met for many years at Colonial Church of Edina and that (after its long-time leaders retired) now meets at First Universalist in Minneapolis], a group that adds presenters and workshop discussions to its monthly gatherings:

**12-Step Friendly Centering Prayer**
A Centering Prayer circle for all, friendly to those who are also in recovery. Each Gathering includes a Centering Prayer sit, a brief reading from a Centering Prayer or 11th Step resource, and a time for sharing:

**Every Tuesday, 3:00-4:00 p.m.**
Edgcumbe Presbyterian Church, in the Sanctuary 2149 Edgcumbe Road, St. Paul
(enter office door on the north side of the building)
For information: pastorjuliegg@epchurch.org or 651.698.8220.

**12-Step Spirituality: Centering Prayer Meditation**
Our workshops are designed for those actively working a 12-Step program and who want to explore and deepen their spirituality through meditation. Centering Prayer is a method of silent meditation that opens the pathways to a deeper relationship with the God of your understanding and helps you progress towards a spiritual awakening.
Each session includes Centering Prayer meditation instruction, two 20-minute Centering Prayer sessions, reading from 12 Step literature, and presenters sharing personal experiences on selected topics.

No registration necessary:
**3rd Saturday of each month**
(except on the 30th in May ’20), 9 a.m. – 12 Noon
First Universalist Church, in the Social Hall 3400 Dupont Avenue South, Minneapolis
For information: www.12stepspirituality.org or 612.825.1701 or www.firstuniversalistchurch.org/upcomingevents.

**Advent Retreat: Spiritual Imagination and the Nativity**
What if every time . . . you saw a Nativity scene, you visualized the mysterious, loving Holy Spirit that is constantly birthing itself into the world? . . . you heard a Christmas song, lyrics such as “Oh Come Let Us Adore Him,” it reminded you to honor the Spirit that is alive within yourself and everyone you meet? . . . you encountered any version of the Christmas story, you remembered to make room in your awareness for the Spirit—because otherwise “there is no room in the inn” for such a mystery?

Based on Richard Rohr’s Advent teachings and the Ignatian practice of using our spiritual imaginations, we will use storytelling, music and guided visualization to bring participants deep into the heart of the meaningful metaphors of the Christmas story:

**Three Wednesdays, December 4, 11 and 18**
11:00 a.m.-12:30 p.m.
Loyola Spirituality Center 389 North Oxford Street, St. Paul
For information or registration for this or other up-coming opportunities—like Encounter and Conversation: An Ignatian Advent Retreat (Dec. 2, 9, 16, 1:00-2:00 p.m.)—651.641.0008 or loyolassr@comcast.net or www.loyolaspiritualitycenter.org.

“I need to let go of endless obscuring attachments still with me and see the Kingdom in the midst of life—pray for the grace that lets this surrendering and seeing happen.

There is no place to go but here and now.
Here and now is our teacher, if we allow it to be...”

*Tilden Edwards, Living Simply through the Day*
Advent Days of Prayer: God Hopes in Us

“We love because God first loved us” 1 John 4:19

The virtue of Hope permeates the Advent-Christmas Season. We look with hope for the coming of our Savior; we also look with hope to the upcoming new year with all its challenges and promises.

For some, hope seems to be in short supply, especially when loss or reversal of fortune takes place. Our Advent Days of Prayer seek to rekindle that spirit of hope and expectation that mark this liturgical season.

You need only bring your lunch for the day, and any reading material that you’d like to have with you. There will be input by the presenter, a guided prayer experience, and ample free time for personal prayer and reflection. All are welcome:

Three Fridays, Dec. 5, 12, 19—9:30 a.m.-2:15 p.m.
Franciscan Retreats and Spirituality Center
16385 St Francis Lane, Prior Lake, MN

For information or registration for this or other upcoming opportunities: 952-447-2182 or www.franciscanretreats.net or director@franciscanretreats.net.

Vespers Once a Month
Join us for a contemplative service of Psalms, readings, music and prayers. The individual elements of the service vary each month, but the worship remains one of contemplative evening prayer:

4th Sunday of the Month, 4:00-5:00 p.m.
- December 22, Music for Christmastide, Organist, Mark Fideldy
- January 26, Prayers – Silence and Song, Hymnus Angelicus and Chamber Orchestra
- February 23, The Peacemakers, Music for Instruments, Rev. Carla Mitchell, Narrator

Gethsemane Lutheran Church, in the Sanctuary
715 Minnetonka Mills Road, Hopkins
For information: www.glconline.org or 952 935-1753 or pmckenzie@glconline.org.

Mystics, Volume II
Because of the popularity and high quality of last Fall’s Short-Session Teaching series, we are now offering “Mystics, Volume II.” Four of those presented—Teresa of Avila, Catherine of Siena, Simone Weil, and Therese of Lisieux—are from the mystic mainstream within Christianity. Two others—Bodhidharma and Abraham Isaac Kook—will help us to honor Wisdom in other religious traditions.

All are invited to join us for one or all six of these sessions. Each occurs immediately following the weekly contemplative sit, so we can stimulate both our spirits and minds. Come for the Prayer. Come for the Teaching. Or come for both:

Six Mondays, January 20, 27 and February 3, 10, 17, 24
Contemplative Prayer, 6:30-7:30 p.m.
Teaching session, 7:00-9:00 p.m.

The House of Prayer in the City, St. Paul’s Episcopal Church, 1917 Logan Avenue, Minneapolis
For additional information or registration:
- for Mystics II [pre-registration preferred, but on-site accepted]
- or for other upcoming opportunities—like Golden Buddha, Golden Christ: Exploring the Sacred Shadow and the Indistinguishable Light within Us All (Feb. 21-23) at The House of Prayer’s Collegeville campus, or our Day-Long Teaching Series: Christian Prayer (six Saturdays, first two on Jan. 18 and Feb.15)—320.363.3293 or houseprayer@csbsju.edu or www.ehouseofprayer.org or www.ehouseofprayer.org/hopc.

One-Time Opportunities
Celebrating the Seasons of Advent
It’s easy to get wrapped up in shopping, writing cards, cooking, decorating, gathering with family and friends. These are all good things, but we also need to prepare our minds and hearts—with joy and renewed understanding—for the wonderous event we celebrate, the incarnation of our God as a member of our human family.

On this first Monday of Advent, we will reflect on the Gospels of Matthew and Luke as we prepare for the Nativity of Christ in our lives:

Monday, December 2, 9:00 a.m.-1:00 p.m.
Spirituality Center, Saint Benedict’s Monastery
104 Chapel Lane, St. Joseph, MN
For information or registration for these and other upcoming opportunities—like Prayerful Pause: Advent Tending (Dec. 5, 12, 18—lectio divina, followed by a

“I abandon all that I think I am, all that I hope to be, all that I believe I possess. I let go of the past. I withdraw my grasping hand from the future, and in the great silence of this moment I alertly rest my soul.”

Howard Thurman, Deep Is the Hunger
shared meal and fellowship—meet with a sister spiritual companion for 30 minutes) or An Advent Centering Prayer Retreat (Dec. 6-8)—320-363-7112 or www.sbm.osb.org or mholicky@csbsju.edu or eantony@csbsju.edu.

Advent Silent Retreat: Living a Trinitarian Lifestyle
This retreat explores the Trinity as a dynamic and relational mystery, inviting human transformation.

As we journey with mystics and other figures who embraced the Triune God, the following themes will emerge: love, hospitality, poverty, beauty, desire, service, and hope. By exploring the Trinity, we are already gifted by it:
Friday, Dec. 3, registration begins at 4:00 p.m., the retreat at 8:00 p.m.—Sun., Dec. 15, at 12:45 p.m.

Christ the King Retreat Center, Buffalo, MN
For information or registration for this or other upcoming opportunities—like Women’s Silent Retreat: "Broken, Blessed and Sent" (Jan. 24-26) or Men’s Silent Retreat: “Broken, Blessed and Sent” (Jan. 31-Feb. 2) or Married Couples Retreat: “Broken, Blessed and Sent” (Feb. 28-March 1)—763.682.1394 or jpolman@kingshouse.com or www.kingshouse.com.

Maranatha! Come, Lord Jesus
Advent focuses on the mystery of Christ’s coming in history, and the mystery of Christ coming at the end of history. This evening session will help you live in the tension between “now” and “not yet.”
You will explore how these foci are expressed in liturgical readings, and in hymns used during the Advent season, and in Advent texts and ceremonies used in other rites.
It is in many ways an Advent Immersion Event:
Tuesday, December 3, 7:00-9:00 p.m.
also:
Reclaiming Darkness as Essential to the Spiritual Life
Darkness can be seen as a place of fear, shadow or pain, but Advent is a time to practice living in the dark in new ways.
In this workshop, you will learn how darkness can be a place of germination, freedom and of new life. By developing rituals and practices throughout the day, you will learn how to embrace the wisdom that darkness can bring:
Friday, December 6, 9:00 a.m.-3:00 p.m.
The Benedictine Center at St. Paul’s Monastery
2675 Benet Road, St. Paul
For information or registration for these and other upcoming opportunities—like the Advent Clergy Spiritual Direction Group (three Thurs., 1:00-3:00 p.m., Dec. 5, 12, 19) or Taizé Prayer (monthly on the Third Saturday, 7:00-8:00 p.m.) or Listening for God with the Ears of Your Temperaments (Thurs., Feb. 13, 7:00-9:00 p.m.)—651.777.7251 or info@benedictinecenter.org or www.benedictinecenter.org.

News from the Center for Action and Contemplation
The late August newsletter invited attention to the Second Annual Omega Conference:
Love at the Heart of the Cosmos:
Living in Relational Wholeness
Join Cynthia Bourgeault, Ilia Delio, and other Teilhard scholars as they explore Love as the Heart of the Cosmos. In the face of planetary peril, learn how to live in relational wholeness:
Friday, Dec. 6, at 5:00 p.m.-Sun., Dec. 8, at 1:00 p.m.

Commonwealth Chateau at SugarLoaf
Cheynt Hill College, Philadelphia
Visit www.omegacenter.info/conference2019 to learn more and to register (note that CAC does not have additional information).

Silent Night: An Advent Singing Bowl Experience
We’ve partnered with Tom Roberts and Viterbo Campus Ministry for a special evening of Taize-style prayer, Tibetan singing bowls, hymns and choir music at San Damiano Chapel:
Saturday, December 7, 6:00-8:00 p.m.
Sponsored by: Franciscan Spirituality Center
Held at: San Damiano Chapel
940 Winnebago St, La Crosse, WI
For information or registration for this and other upcoming opportunities—like Women’s Christmas: An Epiphany Celebration for Wise Women (Jan. 9) or Healing the Healer: A Retreat for Health-Care Workers (Feb. 22) or our Fourth Annual Art Dash (March 26, tickets go on sale January 1)—www.fscenter.org or

It’s not “an emptiness within . . .”
“The road to contemplation is not one of achieving inner silence at all costs by following some technique that creates a kind of emptiness within. If, instead, we let Christ pray silently within us, then one day we shall discover that the depths of our being are inhabited by a Presence.”

Brother Roger of Taizé, Prayer for Each Day
608.791.5295 or fscenter@fspa.org.

**Calling All Angels**
All are invited to come together for the Winter Solstice.

Exploring mystery, beauty, and hope in music spanning centuries, Lumina creates a richly diverse program from medieval carols to pieces by living and local composers.

Featuring music for Solstice, Advent and Christmas, these four radiant voices will illuminate our darkest days, as we gather in the chapel:

**Saturday, December 7, 7:00-9:00 p.m.**

**also:**

**Men’s Spirituality: Aging and Becoming**
Let’s explore some of the ways that poems can engage the challenges, complexities and often concealed joys of aging, our lives with their inevitable “failures.” Poems show us ways to pay attention rather than awfulize about whatever is to come, ways to have compassion for our often-anxious selves.

We’ll hear poems from a number of traditions, write together, raise any and all questions, and look for ways (to borrow from Rilke) to live those questions. We are a water invited to be wine by a grace that we can scarcely dream to imagine (but poems can help):

**Wednesday, December 11, 7:30-9:00 a.m.**
Wisdom Ways Center for Spirituality,
Carondelet Center, 1890 Randolph Avenue, St. Paul
For information about these and many other up-coming opportunities—like Lectio Divina (Mondays, Dec. 2, 9, 16, 23—10:00-11:00 a.m.) or Witnessing Hospitality Roses in Winter (Dec. 6—6:30-8:30 p.m.) or Walking in Harmony: A Labyrinth Journey (Jan. 10—9:30-11:30 a.m.)—www.wisdomwayscenter.org or 651.696.2788 or rdobias@wisdomwayscenter.org.

**Taizé Prayer**
Gather for an hour of prayer to encounter the mystery of God through the beauty of simplicity. Hear scripture readings and prayer petitions, and join in singing simple, repetitive songs initiated by a song leader, allowing you to relax and join in prayer.

In the sacred space of contemplative silence God often touches us deeply, and healing and transformation happens:

**Monday, December 16, 7:00-8:00 p.m.**
St. Scholastica Monastery
in Our Lady Queen of Peace Chapel
1001 Kenwood Avenue, Duluth, MN
For information or registration for this and other up-coming opportunities: 218.723.6555 or www.duluthbenedictines.org or dcarrile@duluthbenedictines.org.

**Spiritual Directors Retreat:**

**Three Temptations—Three Disciplines of the Heart**
We are excited to invite you to join us for our 2020 Spiritual Directors retreat. This year we ponder three temptations confronting leaders in ministry: the temptations to be Relevant, Spectacular and Powerful.

We’ll draw from Henri Nouwen’s classic treasure, *In the Name of Jesus* to ease these common ministry temptations through disciplines of the heart and spirit that strengthen our core being, helping us to live and serve from a deeper, more certain and nourishing place in Christ:

**Tuesday, March 3, at 1:00 p.m.-Weds., March 4, at 4:00**
Sponsored by: WellSpring Life Resources
Held at: Christ the King Retreat Center
621 1st Ave S, Buffalo
For information or registration for this and other up-coming opportunities: www.WellRefreshed.com/events or 763.449.9009 or wellspring.jw@gmail.com.

**Tending the Holy: Two-Year Certificate Program**
One of the longest-standing programs nationwide, Christos Center’s, Tending the Holy program has been preparing women and men for the ministry of spiritual direction since 1990.

Tending the Holy is a Christian ecumenical program that rests on the premise that we receive the gift to be present and to listen to another’s story in a healthy way through our own prayerful practices and contemplative experiences of God. Our experiential emphasis ensures that as we progress we increase our awareness of the movement of the Holy Spirit in ourselves and in others. Throughout, prayer is the foundation of this program.

Applications are now being received for the Twin Cities, Chicago, Fargo, and on-line programs:

**September 2020-August 2022**
Christos Center for Spiritual Formation
1212 Holly Drive, Lino Lakes
For information about this and other up-coming opportunities in the Twin Cities—like our Annual...
Ed told us that at first these questions made him uneasy, making him wonder if his background as a pastoral theologian was somehow taking over. But, checking around, he quickly discovered that there has been serious and substantial and significant work done in recent years on what is specifically called “animal theology.”

Grief and relationship and unconditional love and loyalty are realities. And experiencing them and incorporating them is deeply relevant to who we are and how we live:

“We wept, Daniel and I, at the sight of her still body, recalling how much joy she had brought into our lives, and grieving terribly that now she was gone. Gone, but not forgotten. The dead leave our presence, but they never leave our lives. Red graced our lives, and always will. She taught us, most of all, that what counts is not living long so much as living well. And living well has to do with our own love and compassion toward all creatures and all creation, especially our beloved, precious planet earth.”

Red’s death, now ten years ago, led Ed while he was still teaching to enrich his courses in ethics, art, and spirituality with insights explored in animal theology. And, now in retirement, it has led to this book, written particularly for those who have experienced the death of beloved pets, offering practices and rituals helpful in dealing with their grief, pathways opened:

“Our Dog Red, A Small Token of Remembrance,” might think it to be a testament and memorial for a beloved pet. It is that, and more. Written as a memoir, it shows how the loss of a beloved cocker spaniel named Red brought him and his son, Daniel, closer together and also led each of them to new awarenesses about the meaning of their faith:

“This book is the story of Red, a dog that changed Daniel’s and my life profoundly. When she died on Good Friday, the day associated with Jesus’s death, the synchronicity of that timing forced me, a theologian, to ask the questions, ‘Why?’, ‘Why now?’ and ‘What am I supposed to learn from this?’

As he acknowledged and then began to think about the feelings they experienced and shared, he found himself asking even more questions, “about the significance of animals, whether they might have souls and live beyond this life, what they can teach us, what sort of God created them—and us?”

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“Red is still very much alive for me, as my muse and source of learning, and I am grateful that she, through her unconditional love, gave me new life, and a new direction in mine.”

Our Dog Red may have been written particularly for those who have experienced the loss of a beloved pet, but it may be equally helpful to many more.

“A 15th Century Advent Poem

“Thou shalt know him when He comes
Not by any din of drums
Nor the vantages of airs
Nor by anything he wears ~
For his presence known shalt he
By the holy harmony
That his coming makes in thee.”

A 15th Century Advent Poem
“Ministered to . . . ”
“Silent Night: An Advent Singing Bowl Experience
“. . . the hiding place of God . . . ”

Afterwords: “. . . the hiding place of God . . . ”

Thinking about this issue’s Lead Meditation and about 12-Step’s careful avoidance of metaphysical and super religious language, somehow brought to mind a story told by Richard Rohr:

“When I was on retreat at Thomas Merton’s hermitage at Gethsemani Abbey in 1985, I had a chance encounter that has stayed with me all these years. I was walking down a little trail when I recognized a recluse, what you might call a hermit’s hermit, coming toward me. Not wanting to intrude on his deep silence, I bowed my head and moved to the side of the path, intending to walk past him. But as we neared each other, he said, ‘Richard!’ That surprised me. He was supposed to be silent. How did he know who I was? ‘Richard, you get chances to preach and I don’t. Tell the people one thing.’ Pointing to the sky, he said, ‘God is not “out there”!’ Then he said, ‘God bless you,’ and abruptly continued down the path . . .”

“Either we see the divine image in all created things, or we don’t see it at all.

Once we see God’s image in one place, the circle keeps widening . . .

“To be human is good! The material and the physical can be trusted and enjoyed.

This physical world is the hiding place of God and the revelation place of God!”

“I need to let go of endless obscuring attachments still with me and see the Kingdom in the midst of life.

. . . There is no place to go but here and now . . .”

“. . . and in the great silence of this moment, I alertly rest my soul . . .”

“. . . to inhale the quiet . . .”

“There are a thousand ways to kneel and kiss the ground; there are a thousand ways to go home again . . .”

As Advent begins, and always,

may each of us learn to take time to see what is hiding in plain sight . . . to feel the Presence . . .