

Reflection

SPRING, a season calling us to reflection

The unfolding of new life around us can call us to reflection on what is happening to the life unfolding within us as well. Macrina Wiederkehr, in *The Circle of Life* has some words to assist us:

Although we are celebrating the return of spring and the resurrection of Jesus, this does not necessarily mean that our mood of life is the color of resurrection.



Spring is not a happy time for everyone. Just because the season outside our window wears the face of spring doesn't mean that it's spring in the heart.

When we allow ourselves to be caught up in an abnormally fast pace of living, it is unlikely we will notice the festival of resurrection unfolding around us. Perhaps the wisest thing we can do if we are having a "winter of the heart" during spring is to sit down and offer hospitality to that wintered heart and ask if it has a teaching for us.

During this season it is helpful to take a little time to meditate on the return of life. How are we, like the buds of the earth, opening to God and to others?

What secrets buried deep in the soil of our soul are being revealed to us?

How is the gospel of springtime unfolding for us?

When I am able to hear the voiceless invitation of the seasons of the earth, I am always called into prayer. The season of spring has a special ability to awaken me to joy, gratitude, and praise. The prayer of praise is an attitude of gratitude toward life. One of the things I've noticed about myself is that when I am grateful I feel almost impelled to reach out to others. I am pulled out of myself and long to find ways to bring joy to those around me.

This prayer of praise fills me and surrounds me every spring. When I am connected with the beautiful, I feel called to give praise to the One from whom all this beauty has come.

--Macrina Wiederkehr, *The Circle of Life*, Sorin Books, ND, Ind., 2005

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Contact Us

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