



FIRST-SUNDAY CONTEMPLATIVE SITTING

APRIL 2021

LISTENING FOR SPRING

"Now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtle-dove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom, they give forth fragrance."

— Song of Songs 2:11-13

It is a blessing to celebrate Easter, our sacred story of resurrection and transformation as we welcome Spring, the season of new beginnings. Leaves are budding, birds are singing, and butterflies begin migrating. Darkness gives way to more light, coldness bows to warmer days, frozen lakes begin to melt, and rivers flow again.

*"Speak the story, whisper to the Earth.
Touch the moment, blessings of rebirth."*

— Miriam Martin, PBVM

Let us embrace this hope-filled season of Spring after this year of pandemic, quarantine, and social distancing as a country, a community, and as an individual. We witness this profound transformation occurring in all



creation; may we welcome and experience the beauty of our own transformational journey with surprise and joy,

"There is no creature that does not have radiance, be it greenness of seed, blossom or beauty. If God had not the power to thus empower the light to enlighten, where, then, would all creation be?"

— Hildegard of Bingen

You are invited to take some time to observe and welcome the signs of Spring in your inner and outer world ...

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*Mindfulness gives you the inner space and quietness to look deeply,
listen well, and be alive, awake and aware.*

- In stillness dwells the calm abiding Presence. I rest in you.
- There beyond reason, and thought is the One who draws me on. Be still my soul.
- Nothing to do, nowhere to go, no bells and whistles, only silence. I am free.

*Mindfulness, that deep silent encounter with the innermost center of our being.
Therein grows our capacity for the universe, for spirit, for God.*

Remember, AWARENESS is key – awareness I am sad, awareness I am cranky, awareness I am withholding, awareness I am at ease, awareness of such felt gratitude.
Awareness of just what is without blame or judgment or criticism ... Awareness is the gift.

Mindfulness Practice: Set a time of 5, 10, or more minutes.

Gently in silence, invite yourself to be with whatever you are aware of, whatever is arising in you ... thoughts or feelings ... breathing into it and out ...

- If what you are aware of is unpleasant, difficult or brings dis-ease, focus your breath there and allow the discomfort to soften and release.
- If your awareness is pleasant, receive it with a smile and release, pass it on. Each time returning to the breath, in and out.
- If your mind wanders, gently bring it back to the breath flowing in and out.

Simple mindful verses: You may choose just one to practice.

- Breathing in, I know I am breathing in. Breathing out, I know I am breathing out.
- Breathing in ... breathing out, breathing in ... breathing out, in and out.
- Breathing in, 2,3,4. Breathing out, 2,3,4.
- Breathing in, I am aware of my heart, Breathing out, I smile at my heart.

Let your imagination name any part of your body you wish; you could name friends, family, co-workers, elements of the cosmos, Earth, and other species.

My responses to this First Sunday reflection:

