

November 2, 2024

Daily Reflections



Center for Spiritual Development

REMEMBERING

By Julie Mussché

A Quote

“In the depths of every heart, love creates bonds and expands existence, for it draws people out of themselves and towards others.”

POPE FRANCIS, *FRATELLI TUTTI*, 88

Reflection

The month of November makes an entrance with our commemoration of all the saints and souls; we are linked in communion through time, space, and spirit. Although a solemn but celebratory occasion, sometimes our memories of those we have lost can cascade feelings of grief and desolation. At the same time, we may encounter the graces and consolation embedded in those memories and in honoring relationships.

As time passes, as losses accrue and compound, remembering can seem a monumental endeavor. Loss of family, friends, mentors, leaders, jobs, mobility,

dignity, integrity and honor, faith and hope, health and security, youth and vigor -- the list builds year after year. Resilience lessens, personal vulnerability increases, and it becomes more of a challenge to build new relationships.

Commemorating the losses in our lives is a courageous and sacred act. While driving around this time of year, I pass by several cemeteries where the beauty of marigolds paints the memorial landscape brightly yellow and orange. The visual display reminds me of the binding nature of community memory and celebration, and the boundless expressions of love. It also retells a story of the strength and endurance needed to walk through these valleys of remembering -- and that it takes the sustenance of uniting together. Familiar ritual, prayer and communion gird the spirit to make the journey and celebrate sacred shared moments.

This year we were invited to extend our remembering beyond the immediate, to all those who have died in wars and acts of violence and by natural disaster. The remembering this year might be particular to the time -- and at the same time, there is opportunity to extend the meaning of community beyond borders and difference. May the memory of all those who have passed this year be a blessing.



Fall Leaves -- Salem, OR

Photo by Julie Mussché

For Pondering

- How do you remember and honor those whom you have lost?
- What would you like to share with God? With the person or persons you

have lost?

For Prayer

A Memorial Prayer

(intended to be with candle-lighting such as a Yahrzeit or memorial candle)

"I haven't forgotten you, even though it's been some time now since I've seen your face, touched your hand, heard your voice. You are with me all the time..."

"I light this candle in your honor and in your memory. May God bless you as you have blessed me with love, with grace, and with peace. Amen."

NAOMI LEVY, TALKING TO GOD

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