

February 1, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

WINTER DAWNS

By Sister Jayne Helmlinger, CSJ

*Bless the LORD, O my soul;
and all my being, bless his holy name.*

*Bless the LORD, O my soul,
and forget not all his benefits.*

PSALM 103:1-2



Photo by Sr. Jayne Helmlinger, CSJ

Reflection

I chose this picture for today's responsorial psalm, 103:1-2. If you look closely, it speaks to complexities of life and the unexpected contradictions that reveal joy, mystery, and the immensity of God in nature. This picture is taken from the back patio of my sister's home in Ohio, and it was one of the first snowfalls of the winter season of 2022.

My soul rejoiced as I allowed my whole being to take in nature's gift from God. The leaves on some of the trees are quite visible, and yet you cannot miss the gentle falling snow that signifies the change of seasons as autumn gives way to winter.

This picture captures the cycle of life. The National Wildlife Federation sent out messages asking that we not rake our leaves and send them to a landfill. Rather, allow the leaves to become natural mulch that helps fertilize the soil and provides for a vital wildlife habitat.

As I prayed later that night, with this picture in my mind's eye, I asked God

what leaves needed to fall from my own tree to allow new life to flourish. Was I welcoming the onset of winter which lays bare some of what still needs “mulching” and can fertilize my own forward journey in life? Winter has a way of probing deep into the core of my being.

I also reflected on the beauty and gentleness of the freshly falling snowflakes. How gentle they were upon my face as I gazed upward toward the sky. My soul sang a praise of gratitude to God for the beauty of nature and all the embers of imagination just this one moment in nature was giving me:

WINTER'S DAWN

*Fall snowflakes fall
alight upon the sturdy bark of the trees.*

*Provide us the magnificence and beauty
of snow-covered trees and forest floors.*

*Stir into being a new awareness
of all that is within us
that desires our attention.*

*Lift our being into songs of gratitude
for the gift of nature and all creatures
great and small.*

*Let us welcome the change of Seasons
within us where grace awaits us.*

*Come, Winter, Come!
Let us embrace the mystery hidden within in.*

JAYNE HELMLINGER, CSJ

For Pondering

- What awakens within you as you gaze upon this picture?

- What leaves remain on your inner tree that long to be set free?
 - What do the gentle falling snowflakes signify for you in your life?
-

For Prayer

O Tree of Life, awaken within me the ability to shed the leaves that long to be released. Awaken my being to the fullness of your holiness. I pray for grace, like gentle snowflakes, to sprinkle my path as I live this day, rejoicing in the glory of your love.

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

Support Us
Here



Visit
Website

(714) 744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street , Orange, CA 92868 (714) 744-3175

[Unsubscribe knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bythecsd@csjorange.org