

May 28, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

SACRED CONNECTIONS

By Julie Mussché

A Quote

“... we are also drawn to the ocean; we like to vacation beside it, staring for countless hours at its hypnotic pour and sweep.... I suppose we feel drawn to it because we ourselves are small marine environments on the move.”

DIANE ACKERMAN, *THE RAREST OF THE RARE*

Reflection

While living in Japan in 1961, the island nation was impacted by Super Typhoon Nancy. The Typhoon was rated as a category 5 and one of the worst storm events in Japan. Winds were estimated at over 200 miles per hour, and as a nine-year-old, I was terrified. The gales whipped furiously, blowing unsecured objects everywhere and shaking our duplex ruthlessly. We got through the storm without damage in part because we were well above sea level

and facing Sagami Bay instead of open ocean.

Typhoons are an extreme example of the significance of oceans to the environment. They are conveyor belts of energy and generators of climate. The delicate relationship between land and sea, rainfall, air temperature, oxygen, and existence of all life is sacred precision. Climate change and increasing populations pose an existential threat to that balance. Our oceans are struggling -- too much carbon, and increasing acidity, too much trash, too much usage and overfishing. Not surprising information and yet, worth restating.

Have you ever traveled on the open sea? It's breathtaking and disconcerting with the sheer vastness of space, color, light and movement. There's also a sublime peace that surfaces from the motion as a vessel glides through the water. The fragrance of fresh sea air is invigorating and soothing. Such experiences can evoke profound gratitude and wonder.

On the third day of creation, dry lands, seas, plants and trees were created. And, in the beginning, as God was initiating the act of creation, "...the Spirit of God moved upon the face of the waters." (Genesis 1:2) What a remarkable image, the breath of the Sacred dancing upon the oceans. How are you called to revere the sacred gift of the seas?



Body of Water During Golden Hour
Photo by Sebastian Voortman

For Pondering

- What is your earliest memory of the ocean? Or of a significant body of water?
 - How have you found God moving across the waters?
-

For Prayer

*All-powerful God, you are present in the whole universe
and in the smallest of your creatures.*

You embrace with your tenderness all that exists.

*Pour out upon us the power of your love,
that we may protect life and beauty.*

*Fill us with peace, that we may live
as brothers and sisters, harming no one.*

*O God of the poor,
help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes...*

POPE FRANCIS, LAUDATO SI

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