

February 1, 2025

Daily Reflections



JOYFUL REMEMBERING

By Julie Mussché

Today's Gospel

"The beating heart of the universe is holy joy."

MARTIN BUBER

Reflection

Several years ago, the Center for Spiritual Development, while active as a retreat center, offered a sabbatical program. People involved in ministry of all varieties traveled from many parts of the Americas and the world to participate in a month-long time of rest and renewal. Some were transitioning from, and some needed a break and would return to, their respective ministries. From doctors, to teachers, to clergy, to lay persons in parishes, people came to the Center seeking a time of Sabbath. For almost five years, I participated in some way to help prepare for the visitors, and this is the time of year when folks would be ending their thirty-day adventure which usually started right after the

new year. It took considerable effort and coordination to prepare for the visitors and the joyous encounters that followed made it well worth the outflow of energy. While considering what to offer this month as reflections, many memories of Sabbaticals past flooded in and here's a revisiting of verse published in 2021 with some slight adjustments.

The crunching leaves
echo memories
of special time past;

Of prayerful song
and the joys of community
spilling over as gift;

And in the midst of it all,
preparations were undertaken
to welcome those from far away;

Towels and sheets were carefully counted,
along with cutlery
and other kitchen ware;

The pantry stocked
with assorted treats,
and accoutrements galore;

Soul care readying also took center stage
nourishment to energize the spirits
of those who tirelessly served;

It was after all a Sabbath time
a moment for just being
with self, community and God;

The enrichment furnished by
the offering of a special hospitality,
a synergistic mutuality indeed;

“That all may be one”
come alive and manifest --
in sweet remembering, the joy lingers.



St. Joseph Center - Orange, CA

For Pondering

- Consider a moment when the Word came alive through personal experience.
- Spend some time with the memory -- what images, thoughts and emotions percolate?
- What were the graces offered by the experience?
- How will you express your Hallelujah?

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