

June 27, 2025

Daily Reflections



THE CALL TO JOURNEY

By Julie Mussché

A Quote

“In each of us is a seed of understanding. That seed is God.”

THICH NHAT HANH

Reflection

Very recently, I suffered the loss of someone near and dear, and was jolted into the disorienting and disabling power of grief. As I share in a class on loss, grief is an integrated experience, mind, body, emotions and spirit, each occasion unique yet universal, and compounding over time. Within the depth of the experience, as Thomas Aquinas shared, “All that I have written appears to be as so much straw...”

Since the loss of my mother and grandmother decades ago, the call to the spirituality of loss has been overwhelmingly compelling and my ministry call.

So please indulge my reflection on emergent revelations attached to my recent experiences.

Things seem crazy. The fog of grief is real and disorienting. It is both numbing and embellishing. Traveling into sorrow can be like sleepwalking and at the same time can heighten the senses. For me, birdsong has seemed like a beautiful orchestra and late spring flowering has been dramatically colorful. It is very much a gut-driven sense of *joie de vivre*. The emerging wisdom: embrace the crazies; they offer Graces.

Care for self is not just important but necessary. Appetite, sleep, activity, mental focus can all be illusive. The lesson: pay attention to what your integrated self is telling you, and allow time for rest and doing nothing, and recognize that you are not quite up to par and that is okay.

People want to help; let them. Being vulnerable is humbling and breaks open gratitude. God is all over it.

When able, acknowledge and articulate the trauma of the loss. How a loss happened, the tangible realities and anguish, jar the psyche and spirit. Moving toward one's new reality, whatever that might be, needs the energy that comes from naming and claiming the trauma of loss.

God is in the thick of it even if at times it may seem otherwise. How the Sacred plays out and in our consciousness can vary; our God is a God of surprises. One such instance entered my journey recently -- stay tuned until tomorrow.



For Pondering

- Consider a time of loss in your life. How did God companion you on that journey?
 - What were the graces of that time?
 - How and with whom would you like to share the wisdom of your journey?
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For Prayer

*There are stars
whose light reaches the earth only after they themselves have disintegrated
and are no more.*

*And there are people
whose scintillating memory lights the world after they have passed from it.*

*These lights –
which shine in the darkest night – are those which illumine for us the path.*

HANNAH SENESH

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