

March 02, 2024

# Daily Reflections

*Journeying through Lent*



Center for Spiritual Development

## THE HORIZON CALLS

By Julie Mussché

### A Quote

*"...this cry in the heart for embarking upon a meaningful journey has been answered by pilgrimage, a transformative journey to a sacred center... Always, it is a journey of risk and renewal. For a journey without challenge has no meaning, one without purpose has no soul."*

**PHIL COUSINEAU, *THE ART OF PILGRIMAGE*, "INTRODUCTION"**

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### Reflection

Today while swapping out some shoe inserts, I picked up the shoes I had taken on pilgrimage last year. I couldn't help but be struck by their sacred utility as artifact to such an exceptional passage. The season of Lent is often compared to a desert journey, a fitting metaphor. Expanding that concept, it would seem that, in many respects, traveling across this holy period is very much like being on pilgrimage.

To begin with, it might be said that one does not take a pilgrimage, one becomes the pilgrimage. We are invited to be present in an integrated way, mind, body, and spirit, and in particular to movements of grace in the total experience.

One packs light when undertaking such a quest. Simplicity is key in moving with alacrity, flexibility, and intention. One's ability to just be can help one to be responsive and engaged in spite of or because of shifting circumstances.

Pilgrimage travels require a bit of sacrifice; the trek itself may be rigorous. Simply being away from the ordinary may be discomfiting. Encountering different places, languages, food, can be startling. Shaking the spirit with the exceptional can break open one to the Sacred in all things. In the people encountered, in the beauty of place, in prayerful moments, God is expansive.

The Lenten pilgrim journeys through the landscape of the heart toward the horizon of redemption, the new dawn promised through Jesus's Resurrection. Edging up to the third week of Lent, may your travels be inspiring.

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Silhouette of Three People  
Photo by Tirachard Kumtanom

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## For Pondering

- What road map did you reference this year for your Lenten journey? An invigorated prayer practice, fasting, penance, almsgiving, all of the above?
  - How is your journey going so far?
  - How has God emerged for you along the way?
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## For Prayer

### Come, My Light

*Come, my Light,  
and illumine my darkness.*

*Come, my Life,  
and revive me from death.*

*Come, my Physician,  
and heal my wounds.*

*Come, Flame of divine love,  
and burn up the thorns of my sins,  
kindling my heart  
with the flame of thy love.*

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<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/lent-prayers>

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