

May 13, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

Photo by Tomas Williams from Pexels

LET US CRY OUT TO GOD WITH JOY!

By Sister Jayne Helmlinger, CSJ

Today's Responsorial Psalm

Sing joyfully to the Lord, all you lands; serve the Lord with gladness; come before him with joyful song. Know that the Lord is God; he made us, his we are; his people, the flock he tends. The Lord is good: his kindness endures forever, and his faithfulness, to all generations.

PSALM 100:1b-2, 3, 5

Reflection

This psalm impels me to want to get up and dance! I want to sing joyfully Psalm 100 as so many artists have done over the years. The words are a gentle cascade of praise, joy, and celebration. Slowly pray Psalm 100 and allow

yourself the gift of experiencing your inner being alight with the love of the One who created you.

We are reminded of God's infinite and enduring love for us all. We are part of a legacy of love that continues, generation after generation. Knowing each of us contributes to this tapestry of joy and praise in our own small, yet wonderful ways, leaves us with a sense of wonder and awe.



Joy, O Holy Joy!

*To be joy is to allow others in.
To be joy is to listen without judging.
To be joy is to love without exception.*

*To be joy is to sing praise to the Beloved.
To be joy is to find hope in the midst of despair.
To be joy is to risk the difficult conversation.*

*To be joy is to listen with curiosity.
To be joy is to be fully present to the other.
To be joy is to know how deeply God loves you.*

JAYNE HELMLINGER, CSJ

For Pondering

- How are you joy in the lives of those most important to you?
 - How might you stretch yourself to be joy in unexpected places?
 - Where and in whom do you find joy in your own life?
-

For Prayer

*We sing joyfully to God,
raising our voices in gratitude and thanksgiving.
May we be the joy for those
seeking some semblance of happiness in their lives.
May each of us live as if we truly believe
that God's kindness endures forever.
Amen.*

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

Support Us Here



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



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 thecsd@csjorange.org