

Veriditas Handheld Labyrinth Meditation

Friday, December 16, 2022

Facilitator: Laura Esculcas

Music: Rob Hodges

Theme: Circle of Light

Blessed are you who bear the light

by Jan Richardson (janrichardson.com)

Blessed are you
who bear the light
in unbearable times,
who testify
to its endurance
amid the unendurable,
who bear witness
to its persistence
when everything seems
in shadow
and grief.
Blessed are you
in whom
the light lives,
in whom
the brightness blazes—
your heart
a chapel,
an altar where
in the deepest night
can be seen
the fire that
shines forth in you
in unaccountable faith,
in stubborn hope,
in love that illumines
every broken thing
it finds.



Musical Selection: Talia Miracula

Nox, (Night)
silentium, (silence,)
tenebra. (darkness.)
Lux! (Light!)
Luminosa! (Bright light!)
Gaudium Magnum! (Great joy!)
Christus natus est! (Christ is born!)
Voces angelorum, (Voices of angels)
Gloria! (Gloria!)
*Gloria et in terra pax. (Gloria and
peace on earth.)*
Tenebra, (Darkness,)
silentium. (silence.)
Nox. (Night.)
Pax. (Pax.)

“Being light in the world can be as small as the twinkling of a faraway star or as bright as a bonfire.”

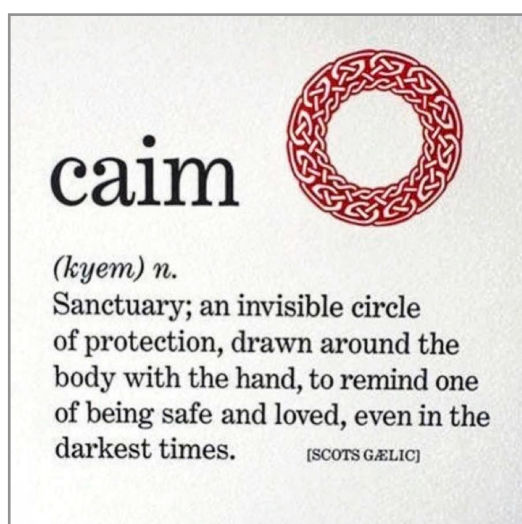
Rev. Canon Heather L. Melton, Staff Officer for the United Thank Offering

“Advent begins in a spiritual dusk from which the light of one candle on the wreath shines outward — a necessary, treasured reminder of the light that shines on in any darkness we find ourselves in... To anyone who has lost their way in this darkness, know that you have precious gifts to give. You have the light that shines on in the darkness. You have the hope that cannot be overcome. You have the good news that Christ will come, his Kingdom will prevail, and darkness will not last.”

David Reed, Bishop of West Texas

Excerpt from his Advent Letter, 2021

Link to full letter: <https://www.dwtx.org/blog/2022-advent-letter>



“A blessing is a circle of light drawn around a person to protect, heal and strengthen.”

— John O’Donohue

“When you send that love out from the bountifulness of your own love, it reaches other people. This love is the deepest power of prayer.”

— John O’Donohue, 'Anam Cara'.

Blessing the Ordinary

Let these words
lay themselves
like a blessing
upon your head,
your shoulders,

as if,
like hands,
they could pass on
to you
what you most need
for this day

—Jan Richardson, from “[Blessing the Ordinary](#)” in Circle of Grace, p. 179