

Resources for Veriditas Handheld Labyrinth Walk

11/12/2021

Finding Gratitude in the Ordinary

Presenters: Vicki Longhofer and Chuck Hunner

Quotes from Rabbi Abraham Joshua Heschel:

“Just to be is a blessing.
Just to live is holy.”

“Our goal should be to live life in radical amazement... get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.”

Poetry

Let This Darkness Be a Bell Tower

Rainer Maria Rilke

Quiet friend who has come so far,

feel how your breathing makes more space around you.
Let this darkness be a bell tower
and you the bell. As you ring,

what batters you becomes your strength.
Move back and forth into the change.
What is it like, such intensity of pain?
If the drink is bitter, turn yourself to wine.

In this uncontainable night,
be the mystery at the crossroads of your senses,
the meaning discovered there.

And if the world has ceased to hear you,
say to the silent earth: I flow.
To the rushing water, speak: I am.

From *Sonnets to Orpheus II*, 29. Translation by Joanna Macy and Anita Barrows.

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Miracles Dale Biron

When the smallness of my vision
Dampens all hope inside, I simply watch
And these clumsy feet keep moving.

When what could have been
Turns bitter and dusty from wear
I feel the tiniest move as a miracle.

When the bit is cold in my mouth and
When daylight reveals only a potholed
Road, just the sound of my feet can comfort.

Rising up from this pain is not grand or special;
If it says anything it says star dust knows,
It says come with me just one more time.

Miracles always have their own strange rhythm;
To know them is to place power into the possible
And God as surprised as anyone when they happen.

Background Links:

Oscar-winning documentary: "The Lady in Number 6: Music Saved My Life"
<http://nickreedent.com/about/>

Tony Robbins Interview with Alice Herz-Sommer:
<https://www.tonyrobbins.com/leadership-impact/my-interview-with-alice-herz-sommer-108-year-old-survivor-of-a-nazi-concentration-camp/>

New York Times:
<https://www.nytimes.com/2014/02/28/world/europe/alice-herz-sommer-pianist-who-survived-holocaust-dies-at-110.html>

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Music:

David Darling

Cello Blue:

<https://www.youtube.com/watch?v=KkSHrf6E-OI>

Sunshine Canyon:

<https://www.youtube.com/watch?v=ZIJ11Po18NA>