

Our Journey Through the In-Between

(Adapted by Chaplain Donnel; Original words by Christine Valters Paintner)

We often try to domesticate Life and to make spirituality about happiness or feeling good. We try to tie things up in neat packages. The spiritual journey is about none of these. It demands something of us and calls us to stand in uncomfortable places while the deserts of our lives strip away ego and power and identity. It calls us to embrace the wild borderlands.

In reality much of our lives are spent in these borderlands, in liminal or in-between places: paradoxical moments that are neither night nor day, but more like the dusk and the dawn. And yet, despite our being in liminal space or the in-between, we spend so much time and energy resisting, as we long for resolution and closure. So instead of giving ourselves permission to be in the in-between space, the space of waiting and unknowing, we speedily and impatiently come up with neat predictions, clear-cut answers, and resolutions. But our journey from despair to hope, from conflict to forgiveness, from disillusionment to clarity, from illness in mind and body towards healing, from grief to wholeness, from feeling lost to connecting with our meaning and purpose – this journey - is taken one day at a time, one step at a time, one breath at a time.

Like seeds in the dark underground, may we embody patience and not rush to come off the ground just yet, but linger a while in mystery.

Let us pray:

Holy Wisdom & Source of Life,

in our work here at the hospital, as well as in our homes and communities, help us lift the veils that dull our senses

from the world's sorrow.

Let loss carve a space within us to let love pour into this chalice of the heart.

Bring us into communion with those we care for and with all those who suffer not just from health challenges, but also from poverty, hunger, violence, abuse.

In our work here at Kaseman – help us to connect with our sacred purpose, to ground our hearts in something bigger than ourselves, so we can

join our world, our community

groaning together in labor,

birthing a new possibility,

one only dimly seen

in quiet moments,

a glimmer in the eyes

a kind touch

a peaceful breath.

AMEN