

The Sacrament of Letting Go (an autumnal reflection)

*Macrina Wiederkehr, Order of St Benedict
reflects on the seasons of stillness.*

Slowly
She celebrated the sacrament
of Letting Go...

First she surrendered her Green
Then the Orange, yellow, and Red...
Finally she let go of her Brown...

Shedding her last leaf
She stood empty and silent, stripped bare
Leaning against the sky she began her vigil of trust...

Shedding her last leaf
She watched its journey to the ground...
She stood in silence,
Wearing the colour of emptiness
Her branches wondering:
How do you give shade, with so much gone?

And then, the sacrament of waiting began
The sunrise and sunset watched with
Tenderness, clothing her with silhouettes...
They kept her hope alive.
They helped her understand that
her vulnerability
her dependence and need
her emptiness
her readiness to receive
were giving her a new kind of beauty.

Every morning and every evening she stood in silence and celebrated
the sacrament of waiting.

Wait for the Lord. Have courage and wait...wait for the Lord. (Psalm 27.14)

Be still... and know...that I am God. (Psalm 46.10)

