

Jill Reads

Welcome back to Haden in this season of WINTERING. It is a season of quiet and darkness, hibernation and feeding on what has been stored away in our lives. This does NOT mean nothing is happening. In Winter there are many life-giving movement. So many of them hardly perceivable: rest and reflection, a warming within, and a time of gestation of what needs to die before it can live. The acorn is cracked and warmed deep in the soil. This is preparation for what lies ahead allowing gains in strength and resilience in the dark and cold times.

Our group name is KOMOREBI. We began in March of 2023. It took some time to find our feet as a cohesive tapestry, but we are now knit into a comfortable, safe, community or even family if you will. It was the Intensive when we were tasked by Sheila to work as a unit and create something from a gourd. A squash. And in that uncertain, awkward space, of not knowing if we should assert ourselves, or hold our opinions back, we began to reveal ourselves to one another and the light within each of us began to shine. Beth, taught us this Japanese word:

Komorebi It describes the way sunlight filters through tree leaves, creating a dappled pattern of light and shadow: (Have pic on screen)

Ko: Means "tree" or "trees"

More': Means "something that comes through" or "something that shines through"

Bi: Meaning "sun" or "sunlight"

The interplay of light and dark in Komorebi is a reminder to find beauty in the small moments, even when passing through difficult times. Thus, our theme for this weekend is:

Dark & Light So each of our daily meditations hope to be a brief writing on Light or Dark or the intermingling of the two. For we all have light and dark within us, and both are our teachers of our souls... if we allow it.

Every day at Haden, starting today, we ask that you make an effort, a commitment, if you will to attend these meditation times purely for the benefit of your soul. You don't HAVE TO come, but you GET TO come and join this community, this family, in our self-caring acts of silence within a supportive group, inner solitude, to honor your own journey of healing and wholeness, and lastly we ask you to respect this sacred space with silence, both as you enter the building, AND as you leave.

This silence is not emptiness, it is our prepares our hearts to listen to the voice of the cosmos, inviting us, playing with us, loving us, so we, in turn can love ourselves and the world, brilliantly.

Feel free during this 20-minute time of contemplative prayer to move around the room to one spot that suits you.... Feel free to sit, or stand, or lie down... whatever posture allows you to be present and conscious of all that is around you, including you, body, heart, and mind. There is no right or wrong way to use this quiet time, just be mindful to give space to others

around you. This is contemplative time to love who you are -without fixing anything. For in every space conscious or unconscious of it, you are Beloved.

Let's take a few moments to settle and ground ourselves. Lead in some Deep breathing.

20 minute contemplative sit

Nancy Reads

Welcome to our day on the cusp of light leading to darkness. I share some wisdom by Barbara Brown Taylor –

“When I entered the cave hoping for a glimpse of celestial brightness, it never occurred to me that it might be so small. But here it is, not much bigger than a mustard seed — everything I need to remember how much my set ideas get in my way...

While I am looking for something large, bright, and unmistakably holy, God slips something small, dark, and apparently negligible in my pocket.

How many other treasures have I walked right by because they did not meet my standards? At least one of the day's lessons is about learning to let go of my bright ideas about God so that my eyes are open to the God who is.”

Ed reads

To End our contemplative time today, something to consider by Carl Jung:

“One does not become enlightened by imagining figures of light... but by making the darkness conscious.”

(pause) Haden family, Our January Intensive Journey has begun. Please remember for our Morning Devotions, we ask that you enter and leave in silence. For right now, we can renew our friendships! (I'm guessing Corey will give welcome and direction for our next task).

Friday morning, January 17th 7:30 a.m.

Today's Theme: Darkness

Chris reads:

Welcome to our day of Darkness. A reading by Celtic Poet/Philosopher/Mystic David Whyte:

SWEET DARKNESS

*When your eyes are tired
the world is tired also.*

When your vision has gone,

no part of the world can find you.

*Time to go into the dark
where the night has eyes to recognize its own.*

*There you can be sure
you are not beyond love.*

The dark will be your home tonight.

*The night will give you a horizon
further than you can see.*

*You must learn one thing.
The world was made to be free in.*

*Give up all the other worlds
except the one to which you belong.*

*Sometimes it takes darkness and the sweet
confinement of your aloneness to learn*

*anything or anyone
that does not bring you alive*

is too small for you.

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| 20 minute contemplative sit |
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Beth Reads:

Today is our day of darkness, a thought to ponder from Mary Oliver in her poem

The Uses of Sorrow
(In my sleep I dreamed this poem)
Someone I loved once gave me
A box full of darkness.
It took me years to understand
That this, too, was a gift.”

As you leave this dark place in silence, carry that gift with you.

Amy Reads

*Like the womb, today begins in the dark, but a light pierces our darkness and we are changed.
A reading by artist, writer, minister, teacher and creative Jan Richardson:*

HOW THE LIGHT COMES

*I cannot tell you
how the light comes.*

*What I know
is that it is more ancient
than imagining.*

*That it travels
across an astounding expanse
to reach us.*

*That it loves
searching out
what is hidden
what is lost
what is forgotten
or in peril
or in pain.*

*That it has a fondness
for the body
for finding its way
toward flesh
for tracing the edges
of form
for shining forth
through the eye,
the hand, the heart.*

*I cannot tell you
how the light comes,
but that it does.*

That it will.

That it works its way

*into the deepest dark
that enfolds you,
though it may seem
long ages in coming
or arrive in a shape
you did not foresee.*

*And so
may we this day
turn ourselves toward it.
May we lift our faces
to let it find us.*

*May we bend our bodies
to follow the arc it makes.
May we open
and open more
and open still
to the blessed light
that comes.*

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| 20 minute contemplative sit |
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Chris Reads

An insight from a young mystic and prophet, Anne Frank,

“Look at how a single candle can both defy and define the darkness.”

(pause) As you quietly leave this place, what is yours to defy and define?

Sunday morning, January 19th, 7:30 a.m.

Today's Theme: Light

Ed Reads

Today is a day of light. A day of wisdom sharing...

*A 16th Century Jewish mystic, Isaac Luria, is considered a father to the Jewish Kabbalah tradition. He used the phrase TIKKUN OLAM (tik-KŪN O-LAHM), which means, **repairing the world.***

The story goes like this: God or the Divine created the whole world by forming vessels of light to hold all the Divine Light within them. But as God poured God's own Light into the vessels, they were overcome by this glorious filling and they completely shattered, tumbling down

toward the realm of matter, the earth and all that it contains. Thus, our world is impregnated with innumerable shards of the light of the Creator.

The great task of humanity is to be a part of REPAIRING THE WORLD by freeing the shards found within all things, and within our own human beings. TIKKUN OLAM by finding and sharing these shards of light. For when they are found, they reunite with the Divine and restore the broken world. Piece by piece. Person by Person. TIKKUN OLAM.

We meet these concepts in other religions. Christ promised the coming of the Kingdom of Heaven and exhorted people to prepare through love, wakefulness, and charity. In Buddhism, the Bodhisattva (bo-dee-**SAHT**-va) vows to forgo final liberation until all beings have been freed from suffering. The Gnostics held that a spark of Divinity resides captured within the soul of all humans.

Tikkun Olam encompasses both our outer and our inner world. We heal the world when we share the spark within us everywhere we go, and in every creature we connect to. We heal ourselves by witnessing what in us dims our own light. Our task is to free it, so once freed, our healing can heal the world around us.

...If you choose, you can use this time of quiet spaciousness to inquire within your body, heart, and mind, to feel that divine light, your divine light, beloved one. No one else can shine your light.

How is Tikkun Olam calling you today?

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| 20 minute contemplative sit |
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Deb Reads

Some wisdom from Carl Jung to pierce our hearts as we leave this place till we meet again:

“As far as we can discern, the sole purpose of human existence is to kindle a Light in the Darkness.”

... Tikkun Olam, my friends, Tikkun Olam.