



## **Meditation for Wednesday in the Fourth Week of Easter**

**April 28, 2021**

*I have come as light into the world, so that everyone who believes in me should not remain in the darkness.*

[John 12:46]

There is more light in our lives now: longer days of spring, freedom brought by vaccinations, opening of schools and public gathering places, time and space to reflect on lessons learned from the past year. Today's gospel reminds us that appreciating this light is a gift of faith. The bright beauty of our flowering gardens reminds us of how foolish it was for us to lose hope during the dark days of this long winter. Our faith reminds us that the light of these days is a prism for the unflickering light of God's presence. Our faith reminds us that the earth itself is a medium through which we experience the peace beyond understanding brought by the incarnate Christ here, in this world, now.

This prayer from the Ute Indians conveys this faith:

Earth teach me stillness  
as the grasses are stilled with light.  
Earth teach me suffering  
as old stones suffer with memory.  
Earth teach me humility  
as blossoms are humble with beginning.  
Earth teach me caring  
as the mother who secures her young.  
Earth teach me courage  
as the tree which stands alone.  
Earth teach me limitation  
as the ant which crawls on the ground.  
Earth teach me freedom  
as the eagle which soars in the sky.  
Earth teach me resignation  
as the leaves which die in the fall.  
Earth teach me regeneration  
as the seed which rises in the spring.  
Earth teach me to forget myself  
as melted snow forgets its life.  
Earth teach me to remember kindness  
as dry fields weep with rain.