

April 14, 2020 Daily Devotional

I spent a summer during seminary working in the chaplain's office at a Catholic hospital. My mentor in the hospital's Pastoral Care Department was Sister Ellen, and I learned so much from how she entered into each conversation with compassion, honesty, and humility. She was no-nonsense, and she never let me doubt that in any situation we encountered in a hospital room, God was there long before us.

When I left to go back to school at the end of that summer, she gave me a book called "Seven Sacred Pauses" by Macrina Wiederkehr. It offers collected prayers and meditations for the monastic tradition of the daily hours. I have treasured this little book, and return to it again and again. In the prayers, I hear Sr. Ellen's voice reminding me that in whatever challenges we encounter, God is already there--like on that Easter morning, when the disciples were told, "he is going ahead of you..."

Here is one of the readings for the midmorning "Blessing Hour":

Blessings. Blessings.

Blessings as the day unfolds, blessings of the morning.

Pausing in the fullness of the moment, our grateful hearts

Sing a morning song on this holy ground.

Sing a morning song to precious life all around.

Blessings. Blessings.

Blessings of the rising sun, blessings of the morning,

Pausing in the fullness of the moment, our grateful hearts.

Sing a morning song on this holy ground.

Sing a morning song to precious life all around.

Blessings. Blessings. Blessings of the morning.

-Velma Frye

What blessings are you encountering this morning?

A prayer from the same book--will you join me in these words?

O Spirit, Come...Come with your transforming power. Breathe upon and into my thoughts and actions this day. Let my work be a labor of love. May

those who come in contact with me feel sheltered and cared for. May I do or say some small piece of goodness that will help others feel affirmed and supported. Let your wind and fire move me into the places where I am needed. Let me become your breath so that I may assist you in breathing new life into places that are stale and unfruitful. Make me forceful and gentle, powerful and humble. O Spirit, Come!

Amen.