

A Time of Waiting....

A reading from the gospel according to Luke

Mary stayed with Elizabeth about three months and then went back home.

Luke 1:46-56



Mary Southard CSJ
Meditation

KEEPING VIGIL WITH MYSTERY

My heart can see into the darkness.
And my prayer travels deep, where the Eternal One waits.
With love I listen, keeping vigil with the Mystery,
With the One who waits for me.
I am with the One who waits for me.

Macrina Wiederkehr & Velma Frye
- *The Seven Pauses*
www.velmafrye.com

www.MarySouthardArt.Org ;
and www.MinistryOfTheArts.Org

WOMEN'S SPACE

The journey was long, tiring
Nazareth to Ain Karim
Fifty kilometres
Walking.

At times with company.
At times alone.
But worth the effort.

Three months in women's space.
My aunt Elizabeth and me.
Zachary in the shadows,
speechless through doubt.

I needed such space,
Elizabeth too.
Each dealing with
unexpected pregnancies.
She old and married,
me young and betrothed.
The wonder of life
taking form within.

The comfort of companionship.
The conversation
The presence of silence
The sharing of tasks:
 To the well for water
 Kindling the fire
 Planting and harvesting
 Preparing food
 Sharing meals
 Sewing for the babies.

Such ordinary tasks
Yet deep bonds created
Helped us rise above
the fear of being left alone.

Women in the embrace of God.
God in the embrace of women.
Sharing our hopes, our fears.



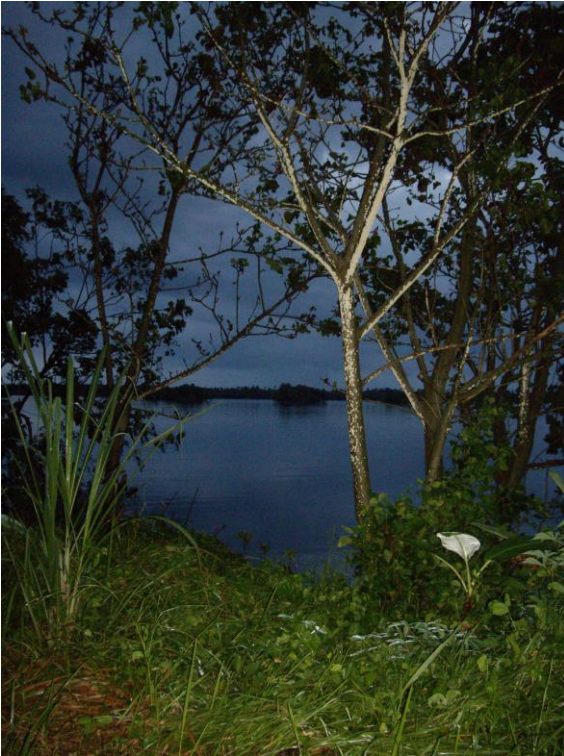
I stayed three months
Assisted the midwife
at the birth.
Good learning.

Then returned to Nazareth
Strengthened.

My pregnancy obvious
Ready to await the birth
Of the one
Still taking form
in the depths of my being.

Leone Pallisier

Recall some of your 'times of waiting'.....it could be for a letter, an email, an apology, a visit, results of tests, the next season, the birth of a child, the death of a loved one..... What are some of the lessons we learn in times of waiting?



PAUSE AND LISTEN

Keep open and trusting
how ever you be.

Own the emptiness you feel
if that's how you happen to be.
Resist the temptation to be rid of it
to rush to fill it with distractions, diversions,
addictions, bingeing.

No respite offered by them!
More of the same and more.

Explore another way.....

Discover the spring of living water
right where you stand.
Pause and listen.
Hear its song.

It is your song to sing
to realise in flesh and bone
to lift you into the full splendour of yourself.

Noel Davis
– *Together at the Edge: Trust Me*

Can you capture in words some element
of your 'heart song'?

OPEN MY EYES

Open my eyes, Lord, Help me to see your face.
Open my eyes, Lord, Help me to see.

Open my ears, Lord, Help me to hear your voice.
Open my ears, Lord, Help me to hear.

Open my heart, Lord, Help me to love like you.
Open my heart, Lord, Help me to love.

I live within you, Deep in your heart, O love,
I live within you, Rest now in me.

Jesse Manibusan
- *Light of Christ*



In the secret of my heart teach me wisdom...

Psalm 50:6