

Learning To Move In The Dark

What if it is while we are in the dark, that we grow the most?



Like the moon, our experiences of the light waxes and wanes. Through the exploration of darkness, we can find courage. We do come to understand the world in new ways. When we open ourselves to a lunar spirituality, we begin to feel God's presence around us, guiding us through things seen and unseen.

Welcome and Opening Ourselves:

Let Evening Come

Let the light of late afternoon
shine through chinks in the barn, moving
up the bales as the sun moves down.

Let the cricket take up chafing
as a woman takes up her needles
and her yarn. Let evening come.

Let dew collect on the hoe abandoned
in long grass. Let the stars appear
and the moon disclose her silver horn.

Let the fox go back to its sandy den.
Let the wind die down. Let the shed
go black inside. Let evening come.

To the bottle in the ditch, to the scoop
in the oats, to air in the lung
let evening come.

Let it come, as it will, and don't
be afraid. God does not leave us
comfortless, so let evening come. Jane Kenyon

Covenant:

- I will be open to hearing new truths and new possibilities.
- I will actively listen, even if I do not share the same perspective, in case God is opening me to a new revelation.
- I will pass if I am uncomfortable with sharing and will allow others to do the same without judgement.
- I will use I statements, as I can only speak for myself.
- I will not interpret when someone else is speaking.
- I will be brief when sharing to allow others an opportunity to share.
- I agree to keep confidential others stories, as they are not mine but theirs to share
- I agree that two opposing viewpoints can both be true

Group discussion>

Living into lunar spirituality and endarkenment allows us the freedom to embrace those feelings, things and ideas that resonate as true to our spirit and reject those feelings, things and ideas that

injure our souls. If it is true that darkness may save us, and we embrace endarkenment as we have the light, how would your life, faith and way of being shift as we consider...

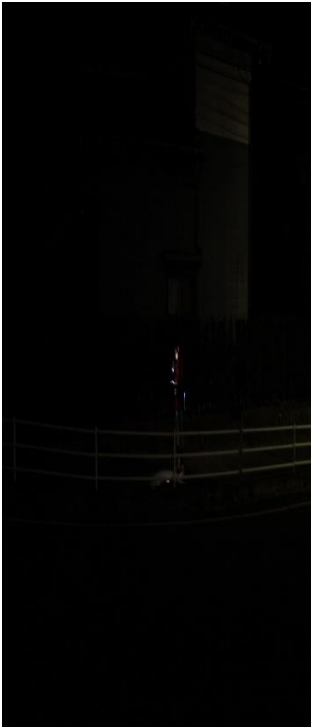
...

- ❖ I have been given the gift of lunar spirituality, in which the divine light available to me waxes and wanes with the season.
- ❖ The moon is a truer mirror for my soul than the sun that looks the same way every day.
- ❖ More is in store for me if I learn to walk in the dark.

Affirmation:

The first step of learning to walk in the dark is to give up running the show. Next you sign the waiver that allows you to bump into somethings that might frighten you at first, Finally you ask darkness to teach you what you need to know. Let darkness guide you, and you will soon have new companions as brave and curious as you are about the nightlife of your soul. Remember God does not turn over the world to some other deity at dusk. Even when you can not see where you are going and no one answers when you call, this is not sufficient proof that you are alone.

Closing:



Acquainted with the Night
Robert Frost

I have been one acquainted with the night.
I have walked out in rain—and back in rain.
I have out walked the furthest city light.

I have looked down the saddest city lane.
I have passed by the watchman on his beat
And dropped my eyes, unwilling to explain.

I have stood still and stopped the sound of feet
When far away an interrupted cry
Came over houses from another street,

But not to call me back or say good-bye;
And further still at an unearthly height,
One luminary clock against the sky

Proclaimed the time was neither wrong nor right
I have been one acquainted with the night.