**CSMV ASSOCIATES QUIET DAY QUOTES**

St. Francis Canticle of the Sun/Creatures

"Be praised, my Lord, through all your creatures, especially through my lord Brother Sun, who brings the day; and you give light through him. And he is beautiful and radiant in all his splendour! Of you, Most High, he bears the likeness.  
  
Be praised, my Lord, through Sister Moon and the stars; in the heavens you have made them, precious and beautiful.  
  
Be praised, my Lord, through Brothers Wind and Air, and clouds and storms, and all the weather, through which you give your creatures sustenance.  
  
Be praised, My Lord, through Sister Water; she is very useful, and humble, and precious, and pure.  
  
Be praised, my Lord, through Brother Fire, through whom you brighten the night. He is beautiful and cheerful, and powerful and strong.  
  
Be praised, my Lord, through our sister Mother Earth, who feeds us and rules us, and produces various fruits with coloured flowers and herbs.  
  
Be praised, my Lord, through those who forgive for love of you; through those who endure sickness and trial. Happy those who endure in peace, for they will be crowned.

Praised be You, my Lord, through our Sister Bodily Death, from whom no living man can escape.

Woe to those who die in mortal sin. Blessed are those who will find Your most holy will, for the second death shall do them no harm.

Praise and bless my Lord, and give Him thanks and serve Him with great humility. "

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*Hildegard* - "The secret life of Me breathes in the wind and holds all things together soulfully."

*Theophilus of Antioch; "* God has given to the earth the breath which feeds it. It is his breath that gives life to all things. And if he were to withhold his breath, everything would be annihilated. His breath vibrates in yours, in your voice. It is the breath of God that you breathe - and you are unaware of it."

*St. John of the Cross; "*The soul that is united and transformed in God breathes in God with the same divine breathing with which God, while in her, breathes in himself. "

*St. John* in his gospel - "The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

A poem - by *Gina CSF*

Early yesterday morning I walked to Red Cross Gardens and sitting alone on a bench by the pond I received first aid.  
My lungs were refreshed by the cool, hyacinth-scented air; my skin was bathed in the warm sunlight and my vision renewed by the colours of spring. My breath and heartbeat relaxed into a slower rhythm, wrapped in the blanket of this restful space.

*Thomas Merton:*

Let me seek, then, the gift of silence and poverty and solitude, where everything I touch is turned into prayer: where the sky is my prayer, the birds are my prayer, the wind in the trees is my prayer, for God is in all.

*Celtic prayer*

Deep peace of the flowing air to you, which fans your face on a sultry day, the air which you breathe deeply, rhythmically, which imparts to you energy, consciousness, life. Deep peace of the flowing air to you.

*Aidan at Lindisfarne* "Leave me alone with God as much as may be. As the tide draws the waters close in upon the shore, make me an island, set apart, alone with you, God, holy to you. Then with the turning of the tide prepare me to carry your presence to the busy world beyond, the world that rushes in on me, tell the waters come again and fold me back to you.

*John O'Donohue* : "carried by the surprise of its own unfolding"

The activities around the sea wall are a graphic reminder of our Christian lives. Most of the time, like the tides of the sea, the tides of life pass with the ebb and flow of daily routine. But occasionally a storm will come, which shakes our foundations and can rock our faith. When this happens it’s important that we too take wise counsel and play our part in trying to make as much sense of what is happening as we can.

*Sister Vandana* an Indian member of the order of the sacred heart.

"Mary and water have much in common. Mary, like water, was creature - ordinary, unnoticed, quiet, serviceable, lovely and precious. As there can be no life without water, so God ordained that there would be no new life without Mary."

*St. Gertrude the Great*

"After I received the body of Christ, I saw that my soul was like a tree fastening its roots in the wound at the right side of Jesus. Then in some new and wonderful way I felt a marvellous sap - the goodness of the humanity and divinity of Jesus Christ - transfusing itself through this wound, as through a root, penetrating into all my branches and fruit and leaves. Surging through my soul, then, the goodness of Christ's whole life shone more brightly, like gold shining through crystal. "

*John Soos:*

"To be of the Earth is to know the restlessness of being a seed the darkness of being planted the struggle toward the light the pain of growth into the light, the joy of bursting and bearing fruit, the love of being food for someone, the scattering of your seeds, the decay of the seasons, the mystery of death, and the miracle of birth."

*Celtic prayer:*

Deep peace of the quiet earth to you, who herself unmoving harbours the movements and facilitates the life of the ten thousand creatures, while resting contented, stable, tranquil. Deep peace of the quiet earth to you.

*Richard Rohr*:

"In the spiritual life, what we think we are doing is actually being done to us. All we can do is say yes to it. This True Self is ironically much more glorious, grounded, original, and free than any self-manufactured person could be. We are interrelated with being, participating with the life of God, while living out one little part of that life in our own exquisite form. The True Self neither postures nor pretends. It comes down to this: the soul and the True Self know that “my life is not about me, but I am about life.”

Once we allow the entire universe to become alive for us, we are living in an enchanted world. Nothing is meaningless; nothing can be dismissed. It's all whirling with the same beauty, the same radiance. In fact, if I could name the Big Bang in my own language, I’d call it the Great Radiance. The inner radiance of God started radiating at least 13.8 billion years ago. We must realize that we are the continuation of that radiance in our small segment of time on Earth. We can either allow it and let the Trinitarian Flow flow through us or we can deny it, which is to deny the divine image.

This is nothing I can prove to you. This is nothing I can make logical or rational. It can only be known experientially in the mystery of love when you surrender yourself to it, when you grant subjectivity or a blessed I-Thou relationship to every other thing—a plant, an animal, a single tree, the big blue sky, “Brother Sun, Sister Moon,” as my Francis of Assisi put it. The contemplative mind refuses to objectify things. It sees similarity, likeness, symbolism, communion, connection, and meaning everywhere. It becomes a fully symbolic universe. Use whatever words you want, but with this vision you will live in a fully alive and congenial universe where you can never be lonely again.

"In this time of crisis, we must commit to a posture of prayer and heart that opens us to deep trust and connection with God. Only then can we hold the reality of what is happening—both the tragic and the transformative. I am finding myself turning more often in these days to the simple Christian prayer of “Lord, have mercy.” From our place of humility, God can work through us to help our loved ones, neighbours and the most vulnerable. As Francis of Assisi said to us right before he died in 1226, “I have done what was mine to do. Now you must do what is yours to do.”

"Towards others": *Daniel F from* foursquare.

I was alone yet not alone, an elderly couple walked in companionable silence, talking spasmodically in quiet whispers and a man in a bright yellow tabard, having dealt with the litter slept at a picnic table, his head cradled in his folded arms.  
I closed my eyes and, inwardly smiling, I sank gently to my centre and rested there.  
Then, suddenly there came a summons to return.  
A couple, cycling by on their tandem were ringing their bells, and waving in my direction, they tossed me cheerful “hellos”. waving in return, I tossed them back, and my smile bubbled up to my lips and burst into a happy grin.  
  
Could the Covid-19 virus become a source of healing and not only sickness in our fractured world?  
Could the steps we are having to take heal our myopic eyes  
so that we see for the first time how ugly are our greed and selfishness;  
how foolish all the rush in pursuit of gain when it causes us such desperate loss?  
Could it lead to a healthier life rhythm, and a new appreciation and care for others?  
May it be so? Amen. Amen