

Connecting New

March, 2017

This month I share a poem and a painting each expressing a different experience of Good Friday. The poem came to me on the day the church and the calendar honor the torture and death of Jesus. The painting depicts my experience of standing at the foot of the cross, suffering with Jesus, encouraging him to leave his body and return home to the Father. The latter happened on my retreat last summer.

Good Friday

I've been told that I'm supposed to feel somber, sad and sorry,
especially today,
but honestly, I'm glad to have the day off.
I try to commemorate the suffering and death
of the one who loved so well,
but it's hard to pretend I've forgotten the joy that follows,
and it's hard to pretend I don't feel him with me now.

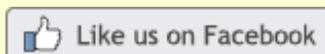
I wish he wouldn't have suffered, but
I wish that for everyone, including myself.
Suffering was the price he paid,
that he chose to pay,
to live authentically and love fully.
May I too make that same choice each day.
Sorry, but I just don't believe that Jesus died to pay my sin debt,
although his death was a unitive moment in history,
a moment that transcends space and time,
a moment of empathy - compassion - forgiveness that each
of us is invited to receive and to give.
A moment of love leads to suffering and love is our purpose.
As in life, in death he modeled perfectly
a life well lived and a death well embraced.

So today, this especially good day,
let me live and love fully, authentically.
Let me honor your life, death, love and resurrected
presence in that way.
Others may choose a different path;
I choose the path that you have shown as best I know it.



May we have the courage to ask Jesus how he is hoping that we will enter into his passion and death this year as a way of deepening our love relationship with God.

Peace and Blessings,
Clarence



Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

Contact: clarence@clareneheller.com

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Connecting New
968 Hannafield Ct.
Ballwin, MO 63021

