

Connecting New

July, 2019

New Chapter

The new openness in my life is an uneasy freedom,
takes a while to get acquainted.
Each of the past five days has felt like Friday,
and I long for the comfort of someone else
deciding what I am to do with today.
Uprooted and exposed, it's a time to expand my horizons,
dream bigger dreams, engage the risks of living full.
Unrequested grace the gift to receive,
I stand on the edge of an unknown river...and jump in.

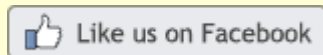
Many of us have experienced new chapter times in our lives, often these are times that we choose (like getting married, moving, taking on a new job, retiring) yet inevitably these times choose us (the death of a loved one or the loss of some other important aspect of our lives). These are times of transition, and change is difficult. We are becoming lost that we may be found in some new way.

I painted what this feels like for me, and to my surprise (as often happens in my paintings) more is depicted than I consciously intended. I am the barely noticeable brown, green and blue figure floating down the river (to the left of center), but only after I completed the painting did I notice the lime green figure sitting on the river's edge (a bit further to the left). I suppose this figure represents what I am leaving behind, and I think that is a primary theme of how I am feeling. Namely, that it can be easy to identify what I am losing while at the same time having very little sense of what the new chapter will bring.



May we all live fully into the new chapters when they appear in our lives and may we trust that God will be there with us.

Peace and Blessings,
Clarence



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

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