

Connecting New

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Letting go is an essential aspect of the spiritual journey. We are never finished letting go in this life. In fact, our death is our final act of letting go.

We cling to many things...youth, possessions, money, unforgiveness, beliefs, fears, desires, and the list goes on. Clinging inhibits deeper relationship with God, other people and all of creation. Letting go opens the door to greater authenticity, freedom, joy and peace.

This Lent you may wish to consider your attachments and how God may be inviting you to let go. Perhaps you would find it fruitful to examine your strongest attachments and start there. It may be difficult to let go, but remember that God is always there with us, offering encouragement, grace and love. And if you need more help from God than you are receiving, why not ask for more? I imagine that God delights in being invited to be generous.

Finally, I offer a poem that you may find helpful.

Let Go

One time God and I decided to pray together.
We sat looking at each other in silence.
Benevolent gazing.
Then God's eyes closed, and I closed mine.
Waiting.
Waiting.
Then finally after succumbing to my impatience,
I opened my eyes to discover...
 absence
 nothingness
 darkness
 insecurity
 opportunity
I was clinging to the edge of the great abyss,
only through trust.
And then I let go.

Peace and Blessings,
Clarence

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