

A Holy Smile

I need to break the gates of this prison
And free my weary self within.
How to distance myself from needless restraints?

My thanksgiving has been silenced by pessimism,
My praise by pain, my prayer by cynicism,
Discerning abstinence is needed.

Silence will be my cloister until I gain understanding,
The flights of the birds are fascinating to watch,
They cross my path when I drive too fast.

Every sound makes known its fruits,
Every sight sends its signals,
How is it that a bird can tell me to slow down?

When Elijah shut up the heavens and hid at the Wadi Cherith,
Ravens announced breakfast and supper
Bringing bread and meat twice a day.

After listening to parishioners squabbling over trivialities
I walked into church, my mind loudly complaining,
"Doesn't anyone around here have a sense of humor?"

Genuflecting, the monstrance at the altar with consecrated host
reflected the ceiling lights which imposed
the outline of a smiling face upon it.

Most smiles are started by another smile
And this smile is One-in-a-Million.

Pass it on!

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The beauty of the world is Christ's tender smile coming to us
through matter. (simone weil)

A word or a smile is often enough to put fresh life in a despondent soul
(st. Therese of Lisieux)

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