



# ***A Winter Blessing***

***from The Circle of Life***

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The challenge of winter is how to go within without feeling locked in. Winter has much to teach us about the inner journey. It suggests a time of resting and deepening, a time to gather the resources needed in other seasons. Winter has a lovely way of calling us home to what is essential. Among those essentials is the simple act of waiting in trust and not trying to make anything happen. We can't lock out all the cold, unpleasant parts of winter or of life. If we try to do that, we will also lock out some of the beauty. We can, however, learn to let some of our plans go, and practice receiving what just is. Winter, with its sensational kind of letting go, is a marvellous teacher.



***To what are we being invited to let go or receive  
as we journey through this winter time?***

*Blessed are you, winter,  
dark season of waiting,  
you affirm the dark seasons of our lives,  
forecasting the weather of waiting in hope.*

*Blessed are you, winter,  
you faithfully guard a life unseen,  
calling those who listen deeply  
to discover winter rest.*

*Blessed are you, winter,  
frozen and cold on the outside,  
within your silent,  
nurturing womb you warmly welcome  
all that longs for renewal.*

*Blessed are you, winter,  
your bleak, barren trees  
preach wordless sermons  
about emptiness and solitude.*

*Blessed are you, winter,  
you teach us valuable lessons  
about waiting in darkness  
with hope and trust.*

*Blessed are you, winter,  
season of blood red sunsets  
and star-filled, long, dark nights,  
faithfully you pour out your beauty.*

*Blessed are you, winter,  
when your tiny snowflakes  
flurry through the air,  
you awaken our sleeping souls.*

*Blessed are you, winter,  
with your wild and varied moods,  
So intent on being yourself,  
you refuse to be a people-pleaser.*

*Blessed are you, winter, when ice storms  
crush our hearts and homes,  
You call forth the good in us  
as we rush to help one another.*

*Blessed are you, winter,  
your inconsistent moods  
often challenge Spring's arrival,  
yet how gracefully you step aside  
when her time has come.*



**Lasallian Reflection is developed by the Lasallian Formation for Mission Team.**

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