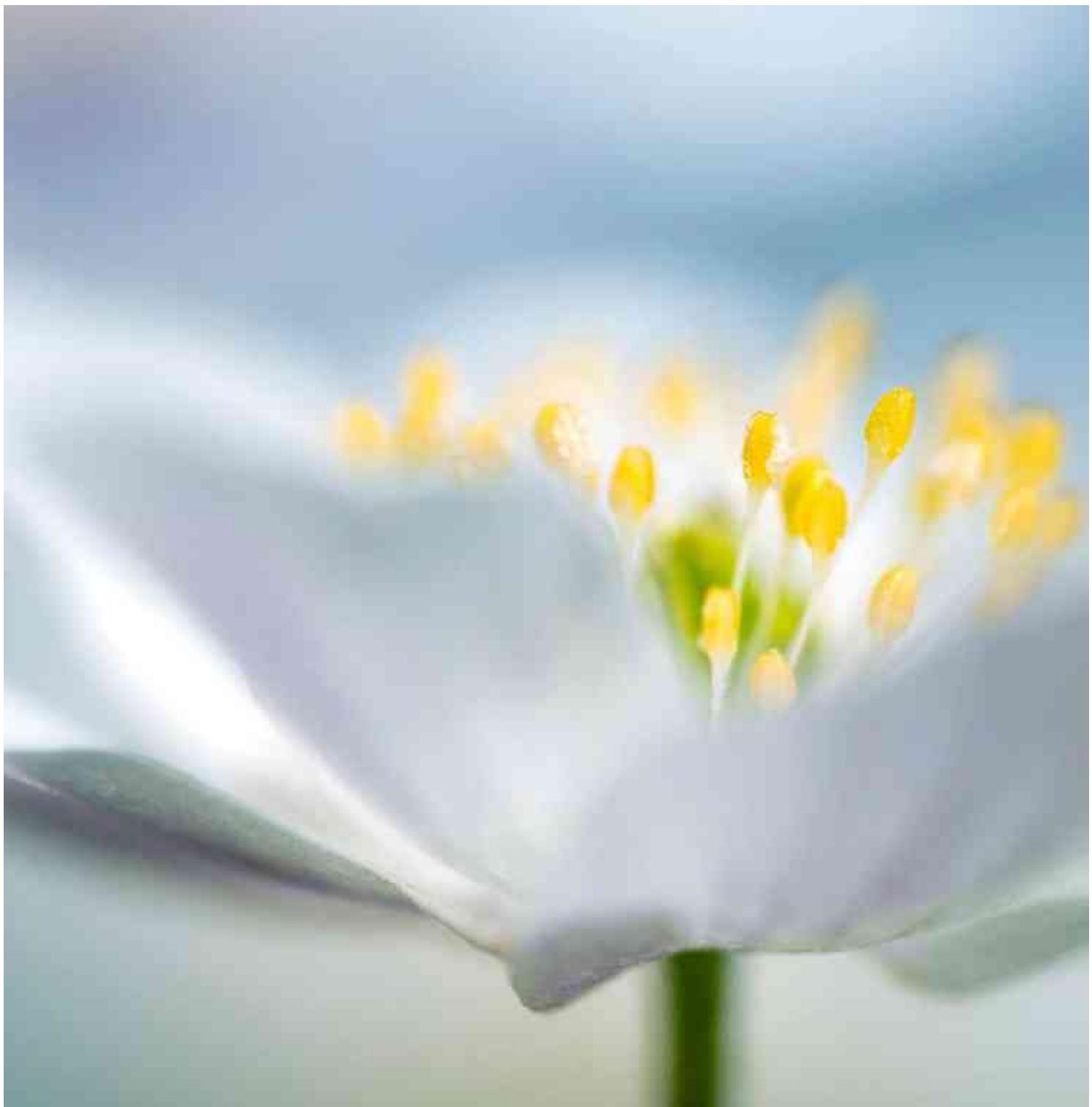


STILL POINT

A PUBLICATION OF TAU CENTER

A spirituality ministry of the Wheaton Franciscans



LENTEN SEASON

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TRANSFORMED THROUGH HOPE

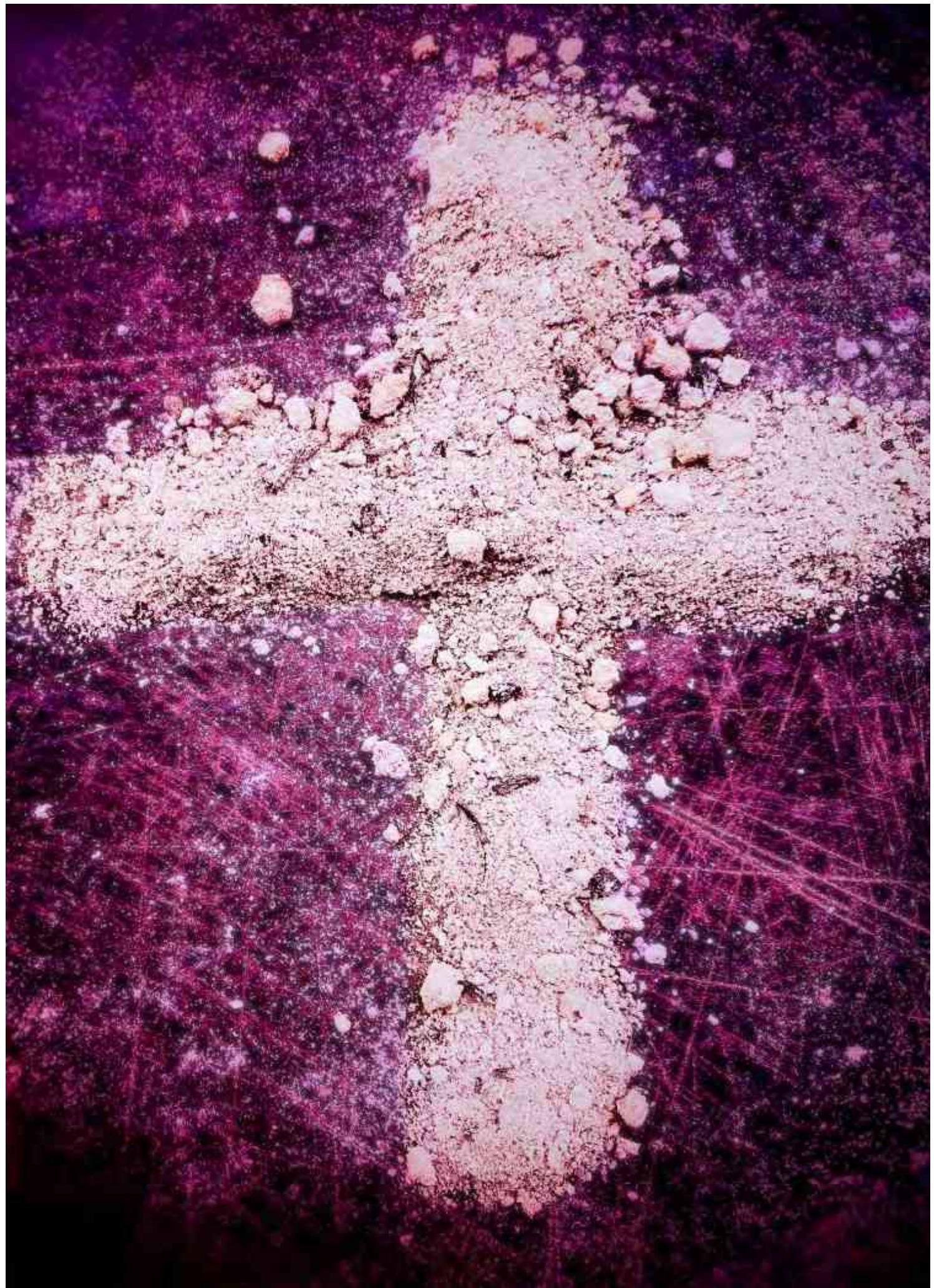
Be Attentive: Love is Calling

A Lenten Reflection

The theme for the Wheaton Franciscan Community this year is Transformed through Hope, with a special focus for Lent: ***Be Attentive***. From this theme emerges an invitation to trust that, despite our concerns, hope — not fear — will be the true catalyst for conversion in our lives and in the life of the world. We can turn toward the transforming power of hope as we walk the Lenten journey to resurrection.

In this reflection series, we will explore the five Gospel readings proclaimed between Ash Wednesday and Palm Sunday, seeking to deepen our awareness of God's presence and action in our lives. **We must be attentive, for Love is calling. How will we respond?**

- Tammy Winn M.A., Religious Studies
Ministry Fund & JPIC Assistant
Tau Center Presenter



ASH WEDNESDAY

Blessing the Dust

By Jan Richardson

All those days
you felt like dust,
like dirt,
as if all you had to do
was turn your face
toward the wind
and be scattered
to the four corners

or swept away
by the smallest breath
as insubstantial—

Did you not know
what the Holy One
can do with dust?

This is the day
we freely say
we are scorched.

This is the hour
we are marked
by what has made it
through the burning.

This is the moment
we ask for the blessing
that lives within
the ancient ashes,
that makes its home
inside the soil of
this sacred earth.

So let us be marked
not for sorrow.
And let us be marked
not for shame.
Let us be marked
not for false humility
or for thinking
we are less
than we are

but for claiming
what God can do
within the dust,
within the dirt,
within the stuff
of which the world
is made,
and the stars that blaze
in our bones,
and the galaxies that spiral
inside the smudge
we bear.

FIRST SUNDAY OF LENT

MATTHEW 4:1-11

Love is Calling Us to Integrity: *Be Attentive to God's Voice.*

After fasting in the desert for forty days, Jesus finds himself tempted three times by the devil. Each temptation challenges Jesus' identity and mission. Jesus

rejects the devil by affirming what he knows to be true — that God can be trusted as our real sustenance. By tuning into the Voice of Truth, he frees himself from foolish distractions that compete for his loyalty. Jesus' integrity is evident as he stands firm against temptation. We are encouraged to do the same.

Integrity

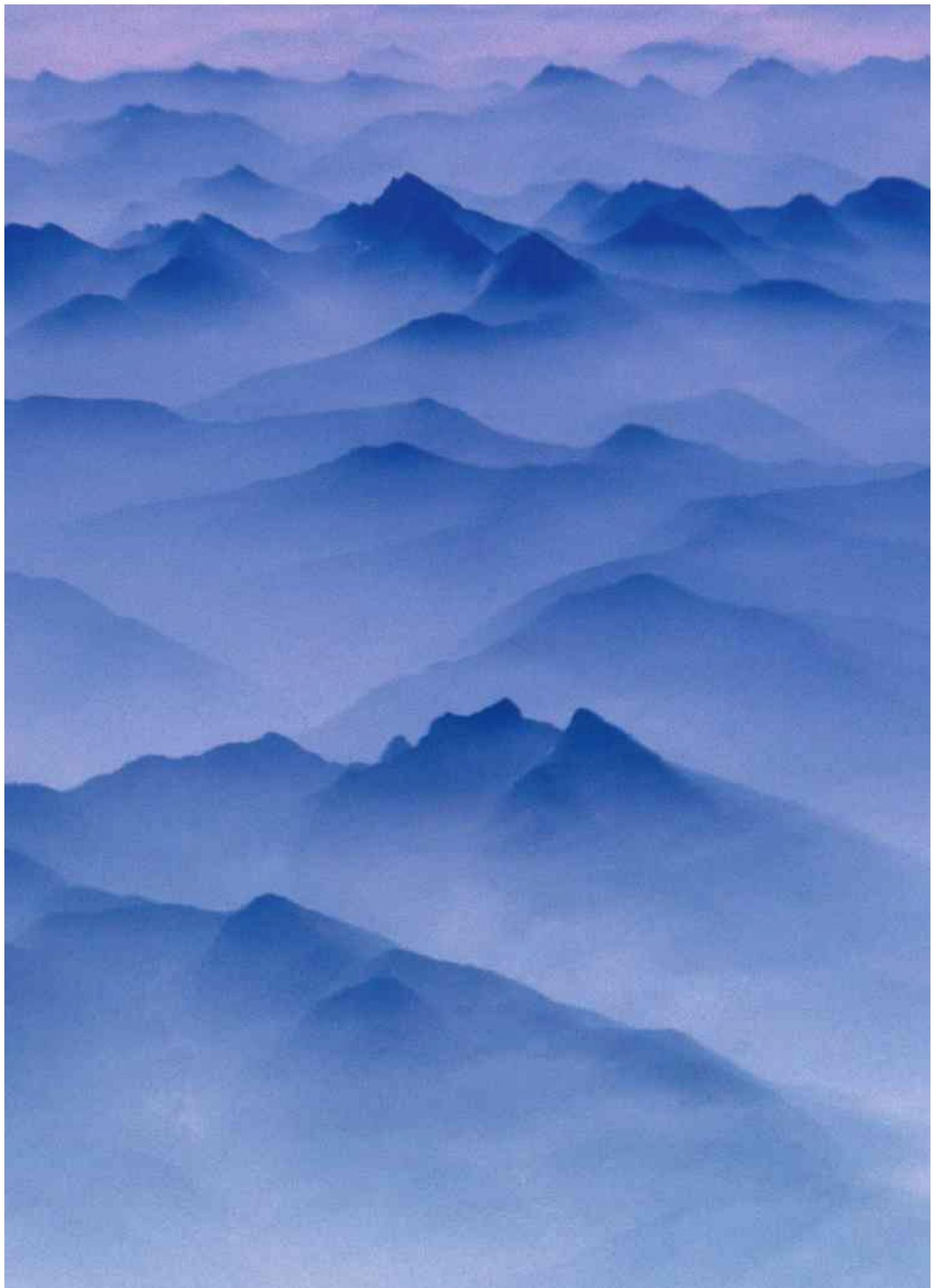


*How can I practice integrity
by listening for God's voice?*

“The voice of God is not loud;
it’s quiet and gentle,
but it is always consistent.”

— Max Lucado





SECOND SUNDAY OF LENT

MATTHEW 17:1-9

Love is Calling Us to Transformation: *Be Attentive to the Movements of God.*

Jesus takes three of his friends on a hike up a mountain. There Peter, James, and John see God's presence shining through Jesus. Then Moses (representing the Law) and Elijah (representing the Prophets)

appear. Suddenly a hidden reality becomes clear to those gathered: God is uniquely at work in Jesus! The disciples are forever transformed by the movements of God — a God who led them up the mountain to reveal something life-changing, and a God who brought them down the mountain, stronger in their faith for the miles ahead.

Transformation



In what ways am I being transformed by the movements of God in my life?

“Awareness is the greatest agent for change.”

— Eckhart Tolle

THIRD SUNDAY OF LENT

JOHN 4:5-42

Love is Calling Us to

**Compassion: Be Attentive to God's
Healing Presence.**

A woman going to the well alone, at the hottest time of the day, would appear suspicious in the early first century. Perhaps she is avoiding the judgment of others for something she has done. Yet Jesus is there unexpectedly, taking a rest from his journey, and he

crosses social barriers to initiate a conversation. He meets her where she is at and listens to her. Jesus responds by speaking the truth in love, and then he offers her "living water" — forgiveness, freedom, and purpose for a new way forward. His compassionate presence shifts something inside of her, and healing begins. She is now inspired to be "seen" again, and returns to her community to share her experience.

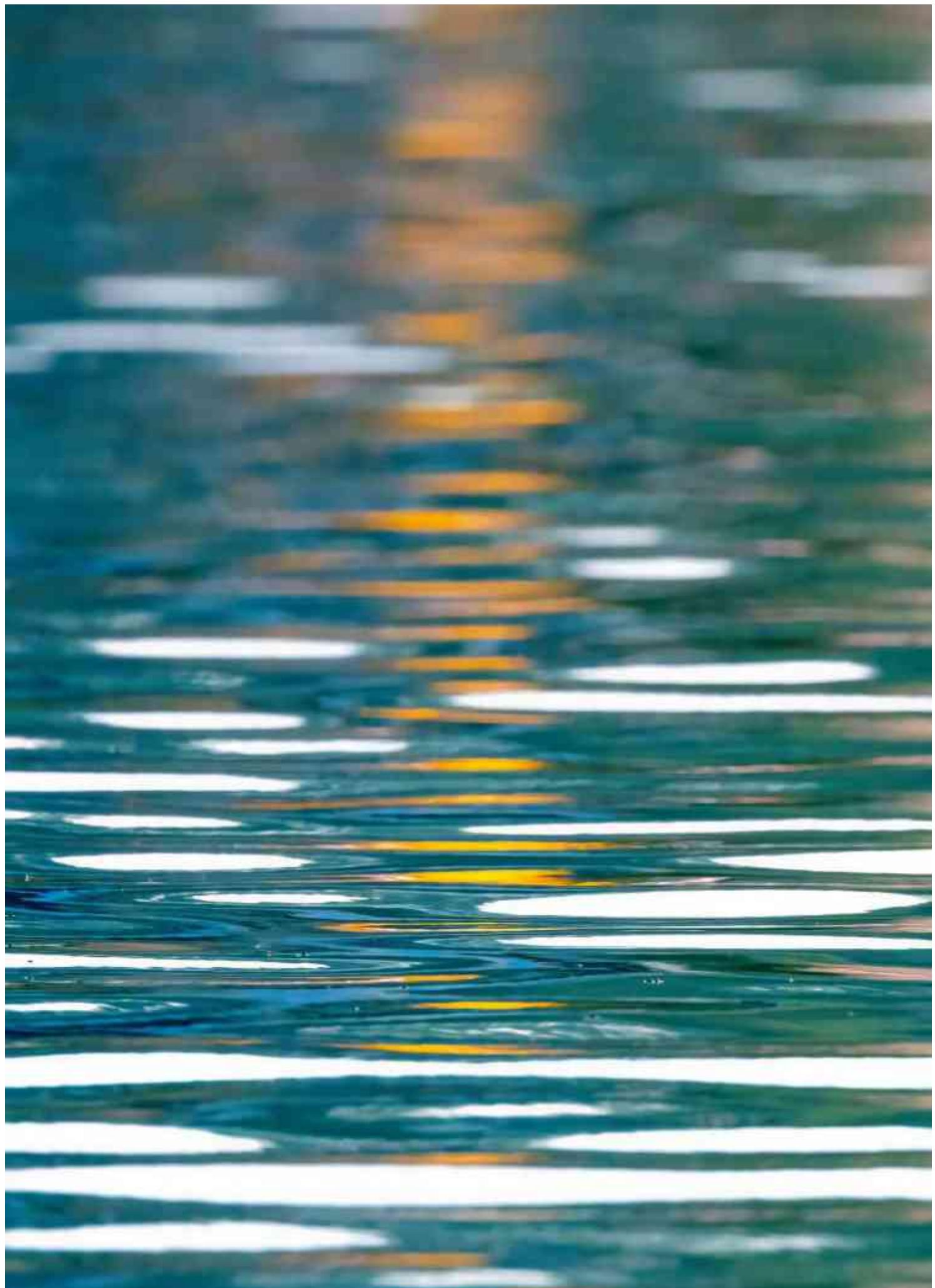
Compassion



*How might God be meeting you in unexpected,
painful places, to offer compassion
and a new beginning?*

"The most precious gift we can offer others
is our presence."

— Thích Nhat Hánh





FOURTH SUNDAY OF LENT

JOHN 9:1-41

Love is Calling Us to New Vision:
Be Attentive to How God Sees.

A man is told it is his fault he was born blind. Yet Jesus sees it differently. Jesus heals him, but some Pharisees claim it is wrong of him to do so because it is the Sabbath. Again, Jesus sees it differently. The healed

man is then accused of being a disciple of a sinner, but he cannot accept such a disparagement because he has learned to see differently himself. He declares this new vision: Jesus must be from God. Through the healing work of Jesus, not only is the man's physical sight restored, but he has learned to see as God sees.

New Vision



*What blinds me from seeing
what God is trying to show me?*

“The eye through which I see God
is the same eye through which God sees me;
my eye and God's eye are one eye,
one seeing, one knowing, one love.”

— Meister Eckhart

FIFTH SUNDAY OF LENT

JOHN 11:1-45

Love is Calling Us to Trust:

Be Attentive to God's Life-giving Power.

Lazarus becomes ill and his sisters, Mary and Martha, send word to Jesus, hoping he can help. Jesus seems to delay his response and by the time he arrives his dear friend has died. Both sisters express the belief that, had Jesus been there, their brother would still

be alive. They have faith in what Jesus would have done. Then Martha professes her hope in the resurrection on the last day, that is, in what God will do. In other words, the sisters have confidence in what could have been and in what could be, but they are not attuned to what God is doing in the present moment. Even so, Jesus acts, and the miracle awakens them to a deeper trust in God's life-giving power, here and now.

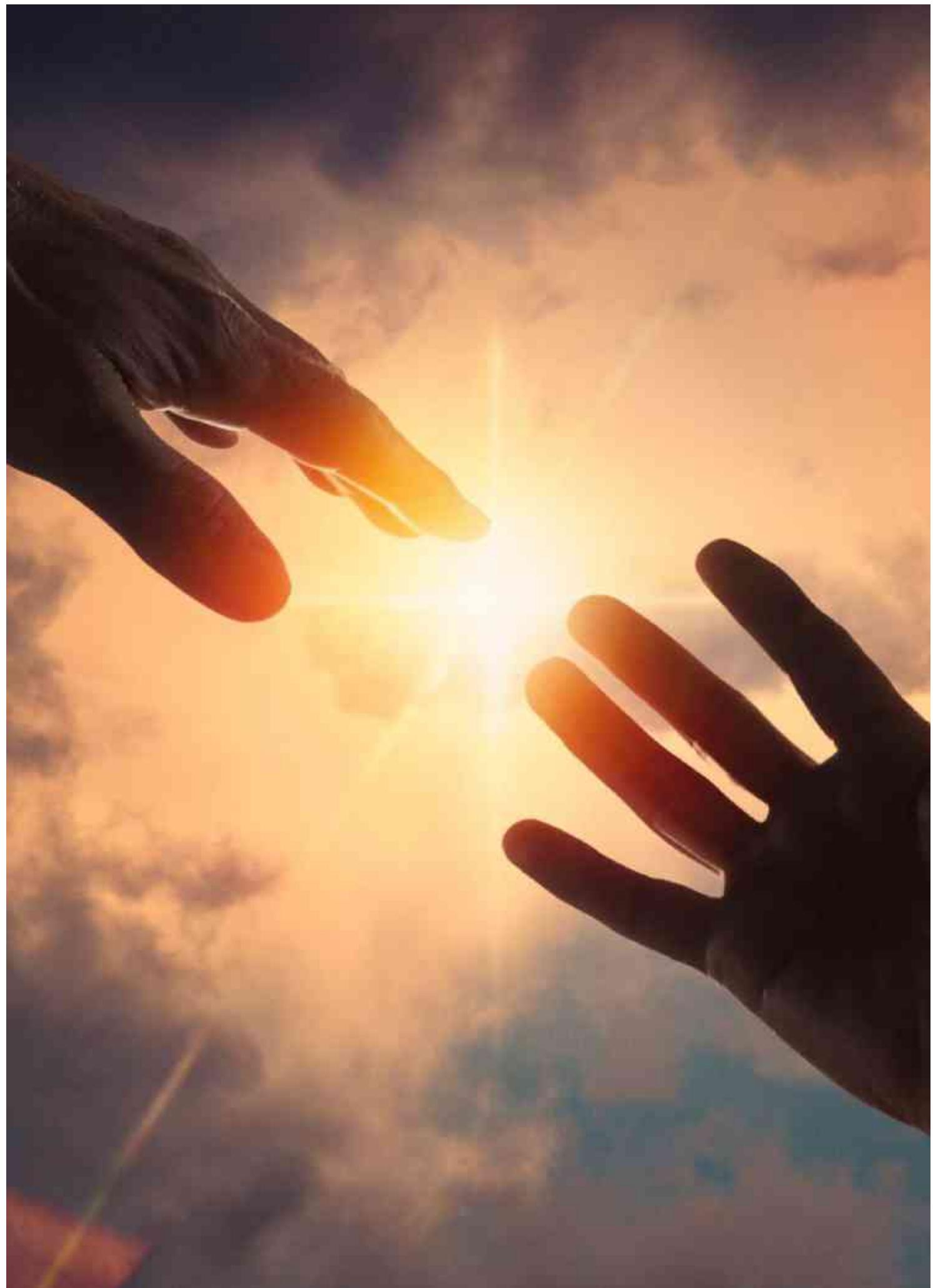
Trust

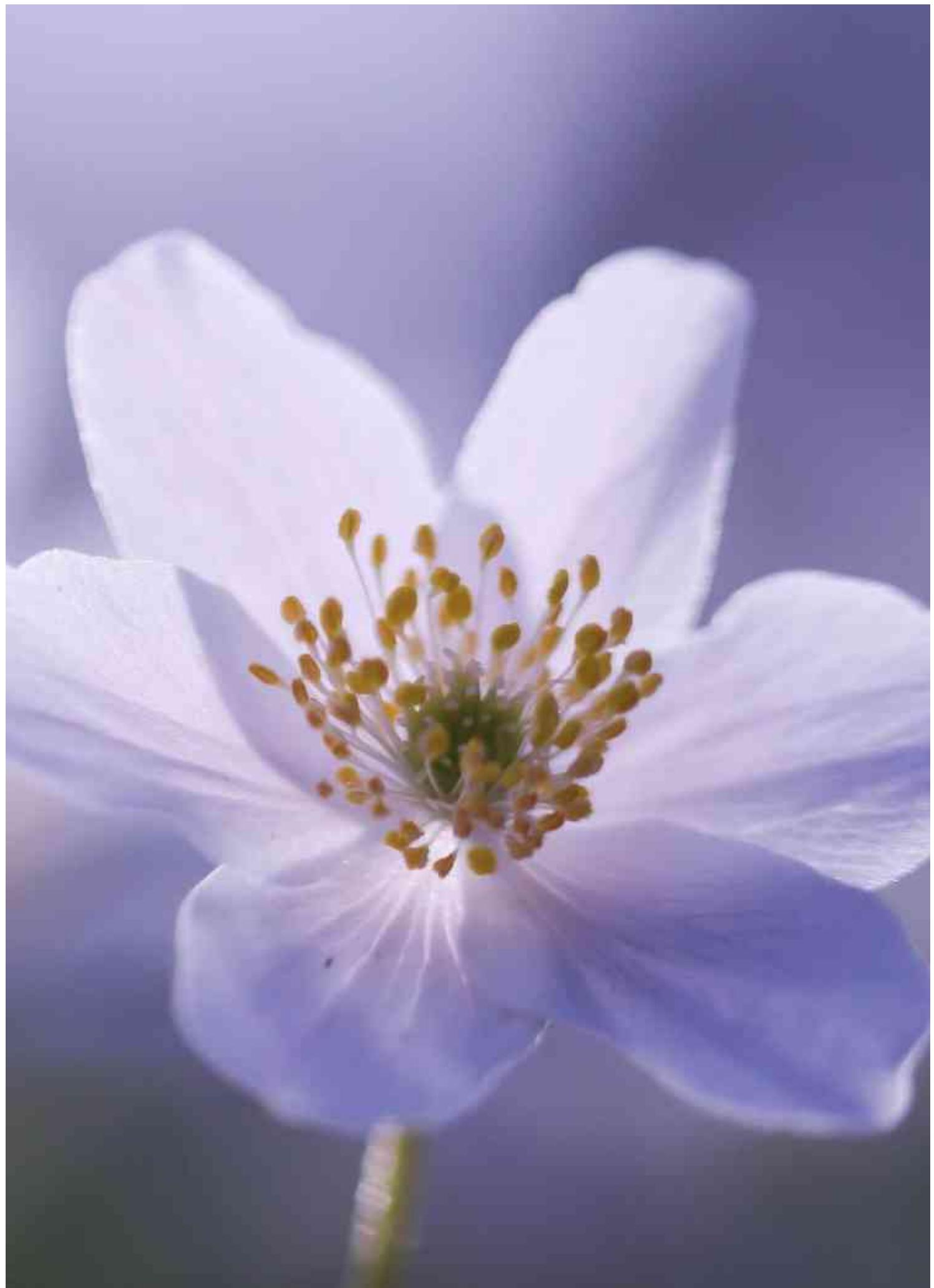


*Where have I limited my trust
in God's life-giving power to the past
or the future, instead of today?*

“The power of God cannot be limited
by your circumstances.”

— *Gift Gugu Mona*





HOLY WEEK

In Franciscan parlance, ***Jesus did not come to change the mind of God about humanity; Jesus came to change the mind of humanity about God.*** This grounds Christianity in pure love and perfect freedom from the very beginning. It creates a very coherent and utterly positive spirituality, which draws people toward lives of inner depth,

prayer, reconciliation, healing, and even universal “at-onement,” instead of mere sacrificial atonement. Nothing changed on Calvary, but everything was revealed as God’s suffering love—so that we could change! (*Please read that again.*)

— Richard Rohr,
“*Incarnation instead of Atonement: The Shape of the Universe*”

Good Friday



“The Father spoke one Word, which was his Son, and this Word he speaks always in eternal silence, and in silence must it be heard by the soul.”

— *St. John of the Cross*

EASTER

As Love Rises

By Tammy Winn

May I be attentive
As Love rises up in me

Calling me to listen for God's voice
and live with integrity

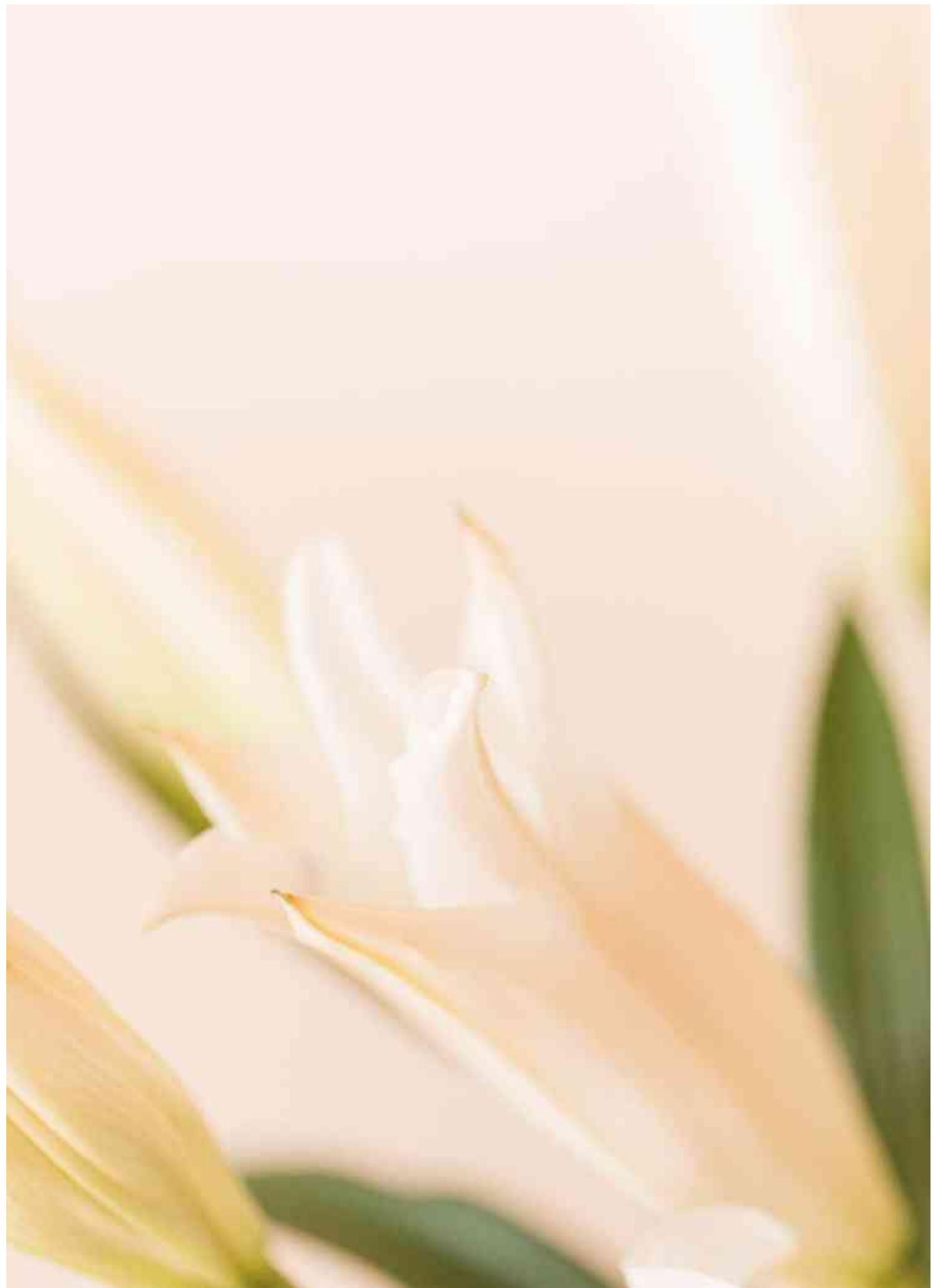
Calling me to feel the movements of the Spirit
and welcome transformation

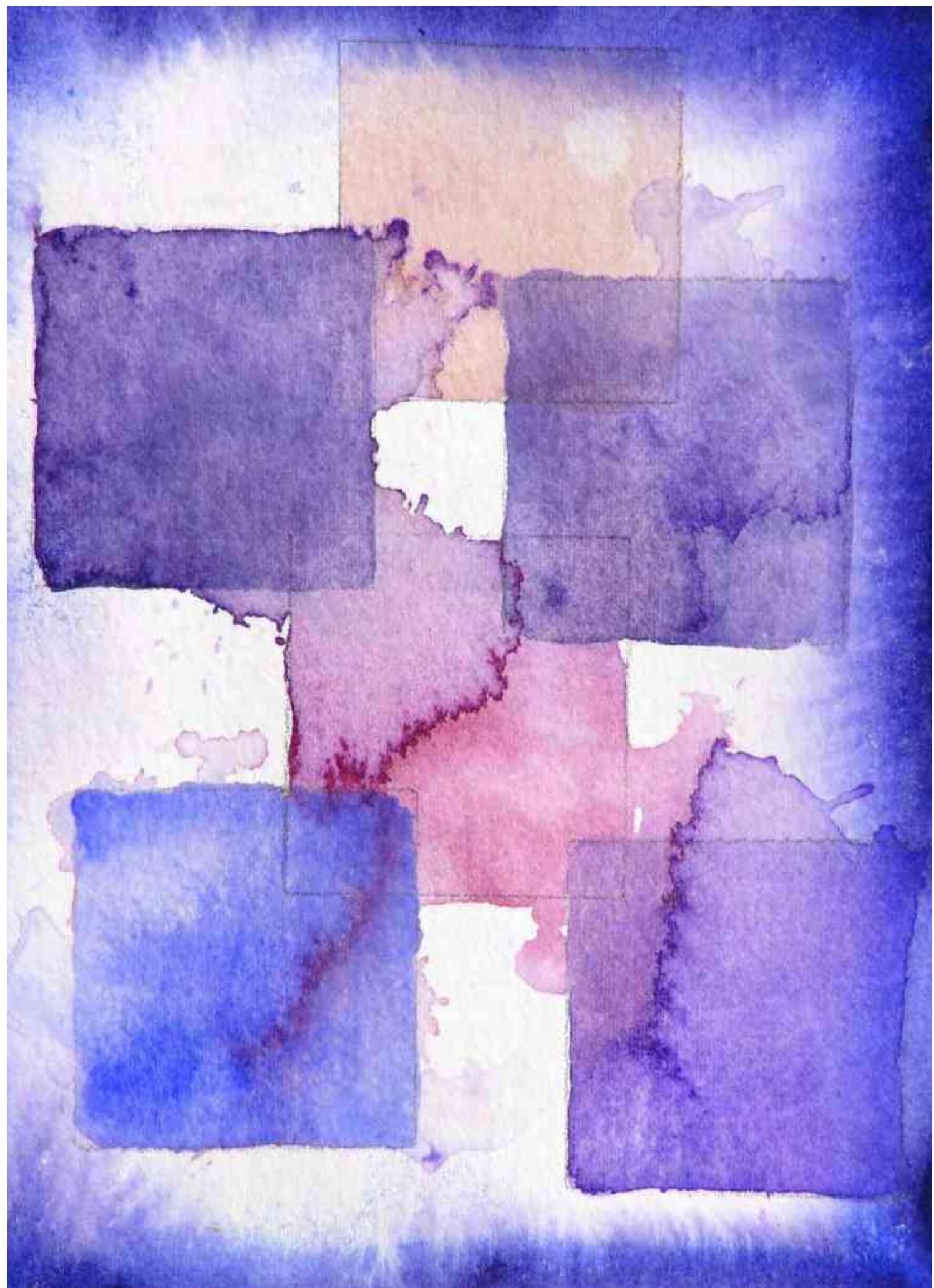
Calling me to cooperate with the grace of the Great Healer
and deepen in compassion

Calling me to see as Jesus sees
and embrace a new vision unfolding

Calling me to imagine the life-giving power of Our Source
and trust that all is as it should be
in this moment

As Love rises up in me
May I be attentive
Amen





PRAYING WITH COLOR DURING LENT

Praying with color during Lent involves using visual, tactile, and artistic practices. Techniques such as doodling, coloring, or applying symbolic colors like purple help us enter into focused, meditative prayer. This process transforms daily devotion into a creative, embodied act of penitence and preparation for Easter.

Praying with Color is a way of praying that uses color, movement, and simple drawing as a pathway to stillness and connection with God. It invites you to pray beyond words by engaging your body, imagination, and heart.

When words don't come easily, or when prayer feels repetitive or distracted, color and shape can become a sacred language.

Through pen and paper you can sit quietly with God, letting your lines and colors become prayer.

Why Pray in Color?

- **Focus:** Coloring slows you down and helps center your mind and spirit.
- **Embodiment:** Your hand, eyes, and heart all participate in prayer.
- **Creativity:** It opens new ways to express what words cannot.
- **Presence:** It helps you rest in God's presence rather than "thinking about" prayer.

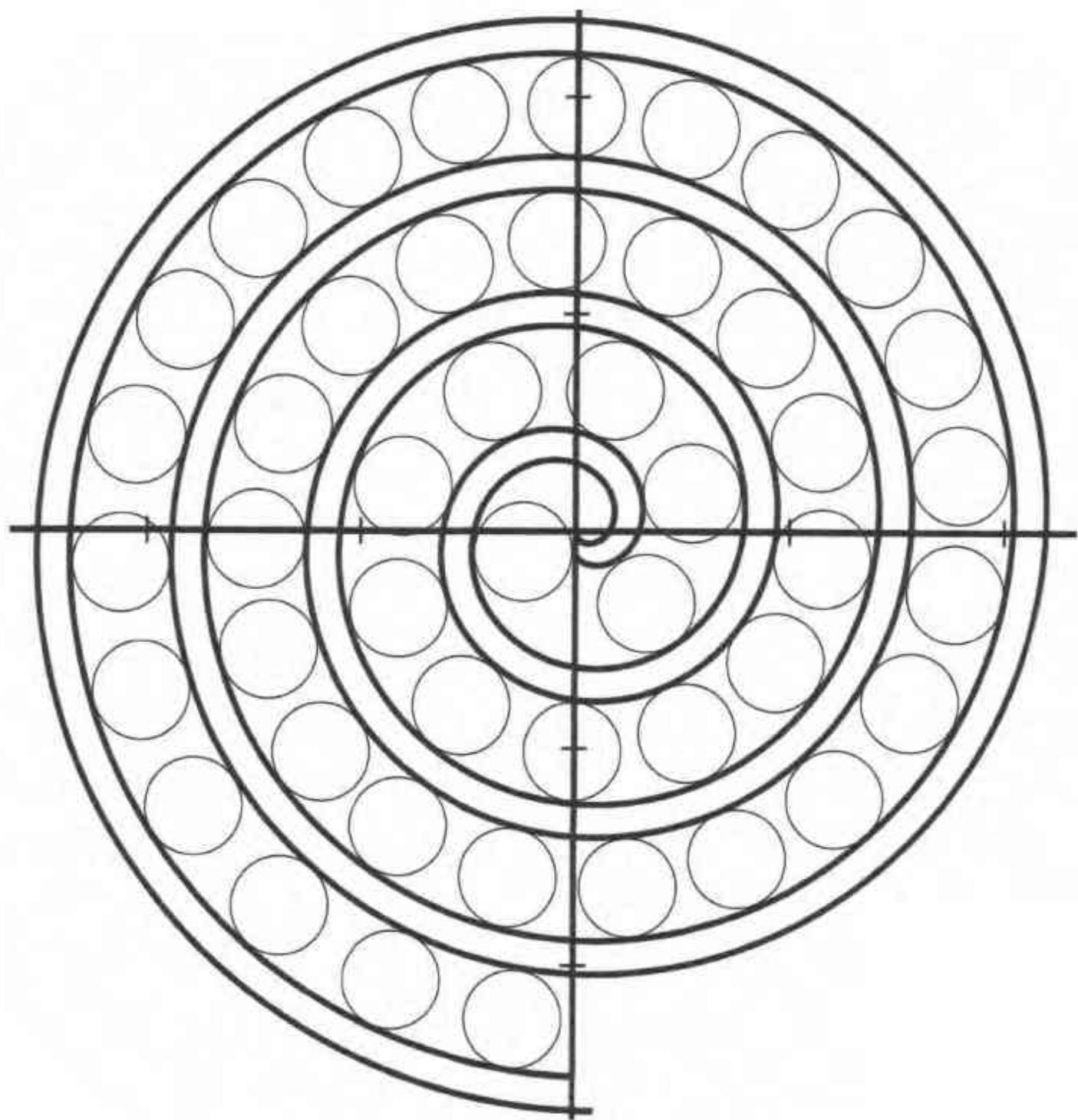
Key Elements of the Practice:

- There is no wrong way to pray in color.
- Let go of perfection; focus on intention and presence.
- You can pray for five minutes or an hour — whatever feels right.
- Date your pages; they can become a colorful journal of your prayer journey.

Resources

Praying in Color: Drawing a New Path to God by Sybil MacBeth
www.prayingincolor.com

PRAYING IN COLOR TEMPLATES





“**LENT** is like a long 'retreat'
during which we can turn back
into ourselves and listen
to the **VOICE OF GOD.**”

— *Pope Benedict XVI*



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