

# Richard Rohr's Daily Meditation

*From the Center for Action and Contemplation*



*Week Twenty-seven*

## Wisdom in Times of Crisis

---

### **Our Spiritual Health**

Thursday, July 9, 2020

*Brian McLaren, a member of the CAC Living School faculty, reminds us why it matters that we pay attention to our health, not only physically but spiritually and ethically as well.*

In these challenging, difficult times, we are discovering a wisdom that we needed all along, and that wisdom is that we are all connected. We are not separate. We used to think that we caught diseases as individuals: "I'm sick; you're not." But now we realize, no, we catch diseases as individuals who are part of families, and families who are part of cities, and cities that are part of states and nations. We realize now that our whole species can become infected, and that our whole globe can be changed because of our interconnectedness. . .

Maybe this is also an opportunity for us to become enlightened about some other viruses that have been spreading and causing even greater damage, without being acknowledged: social and spiritual viruses that spread among us from individual to individual, from generation to generation, and are not named. We don't organize against them, and so they continue to spread and cause all kinds of sickness [and death]. Social and spiritual viruses like racism, white supremacy, human supremacy, Christian supremacy, any kind of hostility that is spread, based on prejudice and fear.

What would happen if we said, as passionate as we are about being tested for coronavirus, we all wanted to test ourselves for these social and spiritual viruses that could be lurking inside of us? And then, when I come into your presence, I, in some way, inflict this virus on you. I make you suffer. What an awesome opportunity for us to say and begin to pray that we would be healed and cleansed, not just of a physical virus, but of these other invisible viruses that are such a huge and devastating part of human history. . . .

In this pandemic, many of us are nostalgic for the old normal. We want to get back to our favorite coffee shop, our favorite restaurant, our church service. And of course, there's nothing wrong with so many of those desires for the old normal. But I'd like to make a proposal. If we are wise in this time, we will not go back unthinkingly to the old normal. There were problems with that old normal many of us weren't aware of.

The old normal, when you look at it from today's perspective, was not so great, not something to be nostalgic about, without also being deeply critical of it. As we experience discomfort in this time, let's begin to dream of a new normal, a new normal that addresses the weaknesses and problems that were going unaddressed in the old normal. If we're wise, we won't go back; we'll go forward.

### **Gateway to Action & Contemplation:**

*What word or phrase resonates with or challenges me? What sensations do I notice in my body? What is mine to do?*

### **Prayer for Our Community:**

*O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. [Please add your own intentions.] . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, amen.*

[Listen to Fr. Richard read the prayer.](#)

### **Story from Our Community:**

*I hear sirens constantly [where I live], ambulances transporting more and more people suffering from COVID-19. Inspired by a recent podcast episode of Another Name for Every Thing, I started to pray, "Lord, have mercy" every time I heard [an ambulance]. Over the weeks, I've added onto it: "Lord, have mercy. Give them the breath they need, both oxygen and the life-sustaining breath of the Holy Spirit. Grant them comfort and peace." — Elizabeth G.*

[Share your own story with us.](#)

---

From Brian McLaren, "We Are All Connected," *Wisdom in Times of Crisis* (Center for Action and Contemplation: 2020), faculty presentation (April 20, 2020), YouTube video, <https://www.youtube.com/watch?v=1FOeCyEzbiM>;

"Other Sicknesses of the Soul," *Wisdom in Times of Crisis* (Center for Action and Contemplation: 2020), faculty presentation (May 6, 2020), YouTube video, <https://www.youtube.com/watch?v=N3SUyoDfG-Q&list=PLiBbqGAOPnXMcKh7QaqCf9HU5ShaAEzeH&index=17>; and

"Dreaming of a New Normal," *Wisdom in Times of Crisis* (Center for Action and Contemplation: 2020), faculty presentation (May 6, 2020), YouTube video, <https://www.youtube.com/watch?v=weGPpvdZ058&list=PLiBbqGAOPnXMcKh7QaqCf9HU5ShaAEzeH&index=18>.

Image credit: *Cueva de las Manos* (detail), Cañadón del Río, Santa Cruz, Argentina.  
Photograph copyright 2012 Pablo Gimenez.

[Forward to a Friend →](#)

Forward this email to a friend or family member that may find it meaningful.

Was this email forwarded to you? Sign up for the daily, weekly, or monthly meditations.

[Sign Up →](#)

---

## News from the CAC

### Free Essay: [Contemplating Anger](#) by Barbara Holmes

In these times of suffering and disorder, we look for a path to solidarity with those held down by dehumanizing systems of oppression. We invite you to read [Contemplating Anger](#), a 2018 ONEING essay by faculty member Dr. Barbara Holmes, in hopes that her words will help us step across the boundaries of our comfortable certainties and embrace a communal contemplative movement of racial solidarity.

### [A Study in Search of True Self](#)

Mine for the real you that has been there all along, hidden under the trappings of ego and false self in [Immortal Diamond: A Study in Search of True Self](#). Based off Richard Rohr's best selling book, this 10-week online course helps reveal a path for those who are drawn to God, but for some reason also feel distant from God. Financial aid is available until July 22 and registration closes July 29.

### [Breathing Under Water](#)

Take a spiritual study of the Twelve Steps to let go of egoic attachments in [Breathing Under Water](#), an 8-week online course from Richard Rohr and the Center for Action and Contemplation. Connect and learn with hundreds of online participants as you develop the alternative consciousness needed to break free from the dominant ego self. Apply for financial assistance by Aug. 12. Registrations ends Aug. 19 or when full.

---

## Action & Contemplation

### [2020 Daily Meditations Theme](#)

*What does God ask of us? To act justly, to love mercy, and to walk humbly with God.* —Micah 6:8

Franciscan Richard Rohr founded the Center for Action and Contemplation in 1987 because he saw a deep need for the integration of both action and contemplation. If we pray but don't act justly, our faith won't bear fruit. And without contemplation, activists burn out and even well-intended actions can cause more harm than good. In today's religious, environmental, and political climate our compassionate engagement is urgent and vital.

In this year's Daily Meditations, Father Richard helps us learn the dance of action and contemplation. Each week builds on previous topics, but you can join at any time! Click the video to learn more about the theme and to find reflections you may have missed.



[Click here to learn about contemplative prayer and other forms of meditation.](#) For frequently asked questions—such as what versions of the Bible Father Richard recommends or how to ensure you receive every meditation—[please see our email FAQ.](#) Visit [cac.org](http://cac.org) to explore other ways to connect with the Center for Action and Contemplation.



Use the "Forward" button above to share this email. Explore Richard Rohr's Daily Meditations archive at [cac.org](http://cac.org). Visit CAC on [Facebook](#), [Twitter](#), and [Instagram](#) to connect with others and explore more ideas about contemplation.

Richard Rohr's Daily Meditations are made possible through the generosity of CAC's donors. [Please consider making a tax-deductible donation.](#)

If you would like to change how often you receive emails from CAC, [click here](#). If you would like to change your email address, [click here](#). Visit our [Email Subscription FAQ page](#) for more information. [Submit an inquiry here](#) for additional assistance.

Inspiration for this week's banner image: *As a spiritual practice we can wake up to the possibility of building a new order. We can improvise those possibilities; try them out in the creative microcosm of a shared public life, realizing that our way of life before the pandemic was not perfect.* —Barbara Holmes

# Richard Rohr's Daily Meditation

*From the Center for Action and  
Contemplation*



*Week Fourteen*

## Reality Initiating Us: Part Two



### **Lesson One: My Yoke Is Easy and My Burden Is Light**

Monday, April 6, 2020

*[Click here to watch a special video or listen to the audio](#) of Richard Rohr introducing Holy Week and this week's Daily Meditation theme on "Reality Initiating Us," addressing our current global crisis as a collective initiation experience which we are all undergoing.*

Life is hard, and yet Jesus says, "My yoke is easy and my burden is light" (Matthew 11:28).

It is hard to bear God—but it is even harder *not* to bear God. The pain one

brings upon oneself by living outside of evident reality is a greater and longer-lasting pain than the brief pain of facing it head on. Enlightened people invariably describe the spiritual experience of God as resting, peace, delight, and even ecstasy.

If our religion has no deep joy and no inherent contentment about it, then it is not the real thing. If our religion is primarily fear of self, the world, and God; if it is primarily focused on meeting religious duties and obligations, then it is indeed a hard yoke and heavy burden. I'd go so far as to say that it's hardly worthwhile. I think the promise from Jesus that his burden is easy and light seeks to reassure us that rigid and humorless religion is not his way and certainly not the only way.

It is God within us that loves God, so seek joy in God and peace within; seek to rest in the good, the true, and the beautiful. It is the only resting place that also allows us to bear the darkness. Hard and soft, difficult and easy, pain and ecstasy do not eliminate one another, but actually allow each other. They bow back and forth like dancers, although it is harder to bow to pain and to failure. If you look deeply inside every success, there are already seeds and signs of limits; if you look inside every failure, there are also seeds and signs of opportunity.

Who among us has not been able to eventually recognize the silver lining in

the darkest of life's clouds? You would think the universal pattern of death and life, the lesson of the Gospel and Jesus' life would be utterly clear to me by now, yet I still fight and repress my would-be resurrections, even if just in my own mind. For some reason, we give and get our energy from dark clouds much more than silver linings. True joy is harder to access and even harder to hold onto than anger or fear. When I walk my dog Opie and look at the beautiful cottonwood trees in my yard, God helps me experience rest and peace.

If our soul is at rest in the comforting sweetness and softness of God, we can bear the hardness of life and see through failure. That's why people in love—and often people at the end of life—have such an excess of energy for others. If our truth does not set us free, it is not truth at all. If God cannot be rested in, God must not be much of a God. If God is not joy, then what has created the sunrise and sunset?

**Gateway to Action &  
Contemplation:**

*What word or phrase resonates with or challenges me? What sensations do I notice in my body? What is mine to do?*

**Prayer for Our Community:**

*O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep*

*connection with you and all beings.  
Help us become a community that  
vulnerably shares each other's  
burdens and the weight of glory.  
Listen to our hearts' longings for the  
healing of our world. [Please add  
your own intentions.] . . . Knowing  
you are hearing us better than we are  
speaking, we offer these prayers in all  
the holy names of God, amen.*

[Listen to Fr. Richard read the prayer.](#)

**Story from Our Community:**

*It hardly matters what day it is any  
more, since the future is so unclear. I  
sit quietly, and I open my heart and  
mind for the unexpected. My prayers  
of the heart are "humility, through  
mystery," and "peace, through  
acceptance." –C. Thorman*

[Share your own story with us.](#)

---

Adapted from Richard Rohr, [\*Immortal  
Diamond: The Search for Our True Self\*](#),  
(Jossey-Bass: 2013), 80; and

[\*Adam's Return: The Five Promises of Male  
Initiation\*](#), (Crossroad Publishing Company:  
2004), 153–155.

Image Credit: *Jesus' Entry into Jerusalem  
(Entrada de Jesús en Jerusalén)* (detail),  
Master of San Baudelio of Berlanga, Soria,  
Spain, 1125, Indianapolis Museum of Art,  
Indianapolis, Indiana.

**Forward to a Friend** →

Forward this email to a friend or family member that may find it meaningful.

Was this email forwarded to you? Sign up for the daily, weekly, or monthly meditations.

**Sign Up** →

## News from the CAC

### [Illuman](#)

In 2012 as Fr. Richard Rohr's focus shifted to founding the Living School and recovering a Christian path to unitive consciousness, his male-specific work transitioned away from the CAC into [Illuman](#), a global nonprofit organization committed to carrying on Fr. Richard's work to recover traditional patterns of male initiation, affirm a path to masculine healing, reveal the true and false self, and honor the path of descent. They seek to form future generations of men who will restore these practices, serving to build a world that celebrates the beauty of all beings through the power of ritual, image, story, and council. If you're interested in learning more about Illuman, you can [sign-up for information](#) on their next event, Soularize 2020: A Path to Masculine Healing, featuring Fr. Richard as a guest speaker.

## Enneagram Mapmakers

### Podcast

How can we lean into the Enneagram to experience hope and healing? Explore the interior landscapes of the ego as Christopher Heuertz, author of *The Sacred Enneagram* and *The Enneagram of Belonging*, interviews legacy Enneagram teachers such as Richard Rohr, Helen Palmer and Russ Hudson. Listen to [Enneagram Mapmakers](#) each week on our website or on your favorite podcast player.

## Turning to the Mystics

### Podcast

Leaning into the lives of the mystics can be a gateway to hope, healing and oneness, especially during times of personal struggle and collective crisis. Join James Finley as he unpacks the wisdom of Thomas Merton in a way poignant and relevant to the times we live. New episodes of [Turning to the Mystics](#) release each week.

---

## Action & Contemplation

### 2020 Daily Meditations

#### Theme

*What does God ask of us? To act justly, to love mercy, and to walk humbly with God. —Micah 6:8*

Franciscan Richard Rohr founded the Center for Action and Contemplation in 1987 because he saw a deep need for the integration of both action and contemplation. If we pray but don't act

justly, our faith won't bear fruit. And without contemplation, activists burn out and even well-intended actions can cause more harm than good. In today's religious, environmental, and political climate our compassionate engagement is urgent and vital.

In this year's Daily Meditations, Father Richard helps us learn the dance of action and contemplation. Each week builds on previous topics, but you can join at any time! Click the video to learn more about the theme and to find reflections you may have missed.



[Click here to learn about contemplative prayer and other forms of meditation.](#) For frequently asked questions—such as what versions of the Bible Father Richard recommends or how to ensure you receive every meditation—[please see our email FAQ.](#) Visit [cac.org](http://cac.org) to explore other ways to connect with the Center for Action and Contemplation.



Use the "Forward" button above to share this email. Explore Richard Rohr's Daily Meditations archive at [cac.org](http://cac.org). Visit CAC on [Facebook](#), [Twitter](#), and [Instagram](#) to connect with others and explore more ideas about contemplation.

Richard Rohr's Daily Meditations are made possible through the generosity of CAC's donors. [Please consider making a tax-deductible donation.](#)

If you would like to change how often you receive emails from CAC, [click here](#). If you would like to change your email address, [click here](#). Visit our [Email Subscription FAQ page](#) for more information. [Submit an inquiry here](#) for additional assistance.

Inspiration for this week's banner image: "Can any of you, for all of your worrying, add a single moment to your span of life?" (Luke 12:26)

# Richard Rohr's Daily Meditation

*From the Center for Action and Contemplation*



*Week Thirteen*

## Reality Initiating Us: Part One

---

### **Lesson Four: You Are Not In Control**

Thursday, April 2, 2020

[Click here to listen](#) to Richard Rohr introduce this week's Daily Meditation theme on "Reality Initiating Us," addressing our current global crisis as a collective initiation experience which we are all undergoing.

*At some moment I did answer Yes to Someone—or Something—and from that hour I was certain that existence is meaningful and that, therefore, my life in self-surrender had a goal. —Dag Hammarskjöld*

To be in control of one's destiny, job, or finances is nearly an unquestionable moral value in Western society. The popular phrase "take control of your life"

even sounds mature and spiritual. It is the fundamental message of nearly every self-help book. On a practical level, it is true, but not on the big level. Our bodies, our souls, and especially our failures teach us this as we get older. We are clearly not in control, as this pandemic is now teaching the whole planet. It is amazing that we need to assert the obvious.

Learning that we are not in control situates us correctly in the universe. If we are to feel at home in this world, we have to come to know that we are not steering this ship. That teaching is found in the mystical writings of all religions. Mystics know they are being guided, and their reliance upon that guidance is precisely what allows their journey to happen. We cannot understand that joy and release unless we've have been there and experienced the freedom for ourselves.

In my life I have found the mystic teachings of St. Thérèse of Lisieux (1873-1897) helpful for living into this truth. She was a master teacher who was never afraid of presenting humiliating evidence about herself. She called this her "little way." As she so brilliantly put it, "If you are willing to bear serenely the trial of being displeasing to yourself, you will be for [Jesus] a pleasant place of shelter." [2] What gives religion such a bad name is that most religious people are eager to be pleasing to themselves, and want to be a part of a "big way."

Being willing to be "displeasing to ourselves," or to allow our autonomous ego's needs to take a back seat to the larger field of love, is part of what it means to not be in willful control.

Gerald May (1940–2005), one of my own teachers, very helpfully contrasts willingness with willfulness:

Willingness implies a surrendering of one's self-separateness, an entering-into, an immersion in the deepest processes of life itself. It is a realization that one already is a part of some ultimate cosmic process and it is a commitment to participation in that process. In contrast, willfulness is a setting of oneself apart from the fundamental essence of life in an attempt to master, direct, control, or otherwise manipulate existence. [1]

For many of us, this may be the first time in our lives that we have felt so little control over our own destiny and the destiny of those we love. This lack of control initially feels like a loss, a humiliation, a stepping backward, an undesired vulnerability. However, recognizing our lack of control is a universal starting point for a serious spiritual walk towards wisdom and truth.

Please join me in trying to be faithful to that walk, even as we pray for God's mercy for those who suffer, and especially the most marginalized.

### **Gateway to Action & Contemplation:**

*What word or phrase resonates with or challenges me? What sensations do I notice in my body? What is mine to do?*

### **Prayer for Our Community:**

*O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. [Please add your own intentions.] . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, amen.*

[Listen to Fr. Richard read the prayer.](#)

### **Story from Our Community:**

*Help! is definitely on my tongue as a one-word prayer when I can't form coherent words. Help! is what I am asking for, as I face an unpleasant future, that is preceded by a couple of very unpleasant years. Help! came on time; [I] am still hurting, grieving this loss of [a] hoped for, dreamed about, new future, but am reminded to hang in there and yell out from the depths of my soul, Help! -F. Ngunjiri*

[Share your own story with us.](#)

---

[1] Gerald May, *Will and Spirit* (Harper & Row: 1982), 6.

[2] Thérèse of Lisieux, Christmas letter to Sister Geneviève (December 24, 1896). See *Collected Letters of Saint Thérèse of Lisieux*, trans. F. J. Sheed (Sheed and Ward: 1949), 265.

Adapted from Richard Rohr, [\*Adam's Return: The Five Promises of Male Initiation\*](#), (Crossroad Publishing Company: 2004), 67–68, 70.

Epitaph from Dag Hammarskjöld, Journal entry (Whitsunday, 1961), *Markings*, trans. Leif Sjöberg and W. H. Auden (Alfred A. Knopf: 1964), 205.

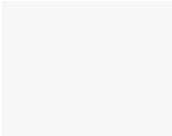
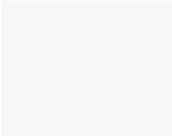


Image credit: *Agony (The Death Struggle)* (detail), Egon Schiele, 1912, Neue Pinakothek, Munich, Germany.



# Richard Rohr's Daily Meditation

*From the Center for Action and Contemplation*



*Week Twelve*

## The Path of Descent

---

### **Crisis Contemplation**

Tuesday, March 24, 2020

*The curtailing of individual freedom to live, move, and work may be a new experience for some of us—but is familiar to communities who have suffered from oppression for centuries. By necessity, they have developed ways of coping with fear and uncertainty on an individual and communal level. During the CONSPIRE 2018 conference, Living School faculty member Dr. Barbara Holmes shared some of her experience working with the path of descent.*

During crisis, individuals put to sleep the light of rationality, and descend during dark nights of the soul. As William Shannon puts it, "We darken and blind the exterior self and awaken to the inner self as we grow closer to God."

[1]

But crisis doesn't just happen to individuals. . . . It also happens to

communities, particularly when a community shatters on the anvil of injustice. Crisis contemplation . . . is [the] point of spiritual and psychic dissolution. Shattering events that create the crisis displace the ordinary until the suffering reaches the point of no return. We are bereft. We are unable to articulate the extent of our suffering or even to reintegrate our fractured meaning structures. And so, the descent begins, and we are in free fall toward the center of our being. . . .

In my book *Joy Unspeakable*, I use the black community's experience of slavery as an extreme example of crisis contemplation, a breaking of extraordinary magnitude. When the crisis is communal, communities may be victimized by systems because of immutable traits like race, gender, ethnicity, sexual identity or fluidity, class, political or social differences, real or imagined, and more. When communities are in crisis, first comes the fear. Perhaps you're Harriet Tubman hiding and trying to make it to Canada with your community, or you're a person of color today, wondering when the powers that be will decide to put you in the same foil blankets and cages that they're currently using for Mexican babies.

After the fear comes the cruelty and the oppression along with the wondering, "Where is God?" Here's the rub: even as a member of an oppressed community, you're always an individual, but during a crisis of this magnitude, you do not have the luxury of responding as an individual. Suffering [of community in crisis] cannot be absorbed by individuals, no matter how tenuous and invisible the bonds of community are. Individuals cannot respond. You must do it as community, for safety, for comfort, and for survival.

*I want to echo her final point here: We cannot face large-scale crises as individuals; we cannot carry the pain of this reality on our own, nor can we only look out for ourselves. The pain is communal and so too must be the response.*

### **Gateway to Action & Contemplation:**

*What word or phrase resonates with or challenges me? What sensations do I notice in my body? What is mine to do?*

### **Prayer for Our Community:**

*O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us*

*become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. [Please add your own intentions.] . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, amen.*

[Listen to Fr. Richard read the prayer.](#)

### **Story from Our Community:**

*[In] mid-February my husband passed away. Ten days later, his sister passed. Grieving has been chipping away for several years as I cared for and watched them suffer. I did not anticipate that grief would arrive with a new face via the coronavirus. For now I take comfort in the words of Henri Nouwen: "Hope frees us to live in the present, with the deep trust that God will never leave us." I think what God is asking of me is to trust and take one day at a time. Not always easy, but there it is. –A. Byrne*

[Share your own story with us.](#)

---

[1] William H. Shannon, *Thomas Merton's Paradise Journey: Writings on Contemplation* (St. Anthony Messenger Press: 2000), 136. See Barbara A. Holmes, [Joy Unspeakable: Contemplative Practices of the Black Church](#), 2nd ed. (Augsburg Fortress Publications: 2017), 7. Text used in Daily Meditation is author's paraphrase.

Adapted from a presentation by Barbara Holmes at CONSPIRE 2018.

Image credit: *Agitated Sea at Étretat, Claude Monet, 1883, Museum of Fine Arts, Lyon, France.*

**Forward to a Friend →**

Forward this email to a friend or family member that may find it meaningful.

Was this email forwarded to you? Sign up for the daily, weekly, or

monthly meditations.

[Sign Up →](#)

## News from the CAC

### [What Does It Mean to Be a Cosmic Being?](#)

“Social constructs can neither confine nor define the human spirit.” CAC Living School teacher Barbara Holmes explores our connection to spirit and each other in this new, updated edition of [Race and the Cosmos](#).

### [The Divine Exchange](#)

Cynthia Bourgeault leads you on a path of discovery in [The Divine Exchange](#), a 14-week online course for intermediate and advanced students of the path. Learn to give and receive in a framework that embraces everything. Course runs May 11-Aug 6, 2020.

### [Tales of Transformation](#)

Share a [meaningful story](#) about your experience with Richard Rohr’s Daily Meditations. If you are open to it, sharing your #TalesofTransformation can bring hope to those longing for a deeper sense of connection.

## Action & Contemplation

### [2020 Daily Meditations Theme](#)

*What does God ask of us? To act justly, to love mercy, and to walk humbly with God. —Micah 6:8*

Franciscan Richard Rohr founded the Center for Action and Contemplation in 1987 because he saw a deep need for the integration of both action and contemplation. If we pray but don’t act justly, our faith won’t bear fruit. And without contemplation, activists burn out and even well-intended actions can cause more harm than good. In today’s religious, environmental, and political climate our compassionate engagement is urgent and vital.

In this year’s Daily Meditations, Father

Richard helps us learn the dance of action and contemplation. Each week builds on previous topics, but you can join at any time! Click the video to learn more about the theme and to find reflections you may have missed.



[Click here to learn about contemplative prayer and other forms of meditation.](#) For frequently asked questions—such as what versions of the Bible Father Richard recommends or how to ensure you receive every meditation—[please see our email FAQ.](#) Visit [cac.org](http://cac.org) to explore other ways to connect with the Center for Action and Contemplation.



Use the “Forward” button above to share this email. Explore Richard Rohr's Daily Meditations archive at [cac.org](http://cac.org). Visit CAC on [Facebook](#), [Twitter](#), and [Instagram](#) to connect with others and explore more ideas about contemplation.

Richard Rohr's Daily Meditations are made possible through the generosity of CAC's donors. [Please consider making a tax-deductible donation.](#)

If you would like to change how often you receive emails from CAC, [click here](#). If you would like to change your email address, [click here](#). Visit our [Email Subscription FAQ page](#) for more information. [Submit an inquiry here](#) for additional assistance.

Inspiration for this week's banner image: *The “cross,” rightly understood, always reveals various kinds of resurrection. It's as if God were holding up the crucifixion as a cosmic object lesson, saying: “I know this is what you're experiencing. Don't run from it. Learn from it, as I did. Hang there for a while, as I did. It will be your teacher. Rather than losing life, you will be gaining a larger life. It is the way through.” As impossible as that might feel right now, I*

*absolutely believe that it's true.* —Richard Rohr