

The Deers Cry

I arise today

Through the strength of heaven
Light of sun
Radiance of moon
Splendour of fire
Speed of lightning
Swiftness of wind
Depth of the sea
Stability of earth
Firmness of rock

I arise today
Through God's strength to pilot me
God's eye to look before me
God's wisdom to guide me
God's way to lie before me
God's shield to protect me

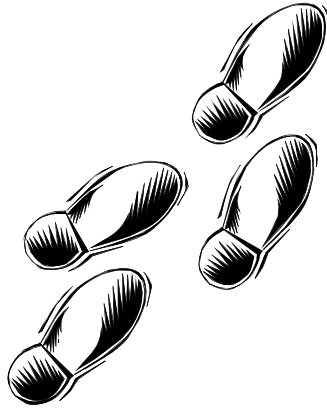
From all who shall wish me ill
Afar and anear
Alone and in a multitude
Against every cruel merciless power
That may oppose my body and soul.

Christ with me, Christ before me,
Christ behind me, Christ in me.
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise, Christ to shield me.

Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me.

I arise today.

Anon. 8th Century:
Translated from old Irish by Kuno Meyer



“When human beings whom God loves suffer, God is present with them, compassionately loving them through the suffering, desiring life for them, and acting to bring it about when human forces have played themselves out.”

Elizabeth Johnson – *Consider Jesus* p.115

I have seen the affliction of my people who are in Egypt; I have heard their cry because of their taskmasters; I know well what they are suffering; therefore I have come down to deliver them.

Ex 3:7-8

“The truly loving person breathes in the pain of the world and breathes out compassion.”

Jack Kornfield – quoted in Joyce Rupp

There is excessive suffering of the innocent, the undeserved suffering of millions of people at the hands of other people who gain advantage from this. This suffering is like a surd in history. It does not make sense; it wrecks every theory constructed to explain it.

This is the deep mystery of evil at work in the world.

Elizabeth Johnson – *Consider Jesus* p.123

We are united with God in Jesus by being in compassionate solidarity with those who suffer. If God is there, resisting evil and willing life wherever people are being damaged, then the followers of Jesus must enter into the same solidarity.

Suffering people are the privileged place where the God of compassion is to be found.

Elizabeth Johnson – *Consider Jesus* p.126

A Blessing

May you be blessed in the holy names of those
Who carry our pain up the mountain of transfiguration.
May you know tender shelter and healing blessing when you are
called to stand in the place of pain.
May the places of darkness within you be surprised by light.
May you be granted the wisdom to avoid false resistance and when
suffering knocks on the door of your life, may you be able to glimpse
its hidden gift.
May you be able to see the fruits of suffering.
May memory bless and shelter you with the hard-earned light of past
turmoil, may this give you confidence and trust.
May a window of light always surprise you.
May the grace of transfiguration heal your wounds.
May you know that even though the storm might rage
Not a hair on your head will be harmed.

John O'Donohue – *Eternal Echoes*



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The Wisdom of Suffering



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are the privileged place
where the
God of compassion
is to be found."
Elizabeth Johnson

