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The Mark

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HOLY UNKNOWING

2024



... then I will know fully, even as I have been fully known. 1 Corinthians 13:12

ANNUAL AIM: HOLY UNKNOWING

SEEING THROUGH A GLASS DARKLY

BY LISA MORGAN

By means of all created things, without exception, the divine assails us, penetrates us and molds us. We imagined it as distant and inaccessible, whereas in fact we live steeped in its burning layers.

Pierre Teilhard de Chardin,
The Divine Milieu

The new universe story is the intercommunion of life itself, of each part with the whole. Everything is in communion in the vast web of the universe. The intense communion within the material world enables life to emerge into being ... The connector of life, what holds all the different levels of communion together, is consciousness, and consciousness is driven by love, that is, the power of attraction.

Ilia Delio, *The Hours of the Universe, Reflections on God, Science, and the Human Journey*

Ever since the creation of the world, the invisible attributes of eternal power and divinity of God have been able to be understood and perceived in what God has made.

Romans 1:20

I wondered into the Church of Conscious Harmony longing for a meditation practice. I was not looking for a church. I came to chanting night and was impressed. I attended the following Sunday and Tim Cook blew my socks off. He looked, to me, like the guy who played Daddy Warbucks in *Little Orphan Annie* on Broadway. Big presence, deep voice, a mile wide smile and a laugh that could rattle your insides. He was talking about Christianity in a very different way. I wanted more and kept returning.

It astounds me that, for twenty years, I kept coming back. I never made a commitment to anyone

or anything for this long. How deeply grateful I am that magnetic center and grace guided me to this miraculous community. Truly a much-needed light in what can be a dark and confused world. Our practices really do matter. They have been central to my own growth and play such a vital role for the world at large.

“Even in the most difficult circumstances we are being loved into a new way, into a new being.” Ilia Delio

This community has held me during some dark times in my life and became the transforming

energy to open paths for healing.

The divine therapist came to meet me early on in my Centering Prayer practice, just as Fr. Thomas Keating promised. There was a secret in my family that needed to be revealed for my healing and transformation. Sitting in the silence was a huge leap for me – I am a three on the enneagram and silence wasn't my friend. It upended me. However, it was the exact practice needed to unlock my closed heart. My maternal grandmother was the wise, balanced and steady figure in my family's life. She was my mother's best friend, and her handbag always matched her shoes. She was to be my guide along the path to love and forgiveness. During an uncomfortable psychic reading session – which was massively woo woo to me at the time – my grandmother appeared via my favorite Christmas song, *The Little Drummer Boy*. And then her message was pragmatic and clear, "Don't slow yourself down worrying about things, just keep moving forward."

Weeks later, I kept seeing the number 11:11 – everywhere. So much so that I asked a friend what that means. She replied "Someone is trying to get a message to you. You better listen." My grandmother guided me to my childhood diary

located in a random box in the garage. It was on top of the first box I opened. I read the words I had written as an eleven-year-old girl. I was scared for my sister and did not understand all the yelling and crying. No one talked to me to explain what was happening. My mind was still processing it as an 11-year-old girl. Thirty years after the family crisis, my grandmother and the divine therapist gave me the courage to talk to my sister and my parents. *Then you will know the truth, and the truth will set you free.* John 8:32. I finally came to understand what this meant.

"If you wish to know yourself, look for this light in the dark; it is ever present, even when you've lost sight of it. Look away from what you think you are and look deeper into the darkness that is within."

Jon. M. Sweeney, Mark S. Burrows, Meister Eckhart's Book of Darkness & Light: Meditations on the Path of the Wayless Way

My dad passed away in 2020 and my mother in 2023. Fortunately, I was able to be by their side as they were transitioning. I was deeply grateful that I could sit quietly in love with no regrets, and nothing left unsaid. This would not have been possible without the teachings

and practices of this community.

The Church and I have moved into a long-distance relationship. Mike and I recently moved to Black Mountain, North Carolina just outside Asheville. I miss the physical community way more than I anticipated. It is a similar feeling I had when I left for college knowing I would not return to live in my hometown, and life would never be the same.

It's a new beginning into the "Holy Unknowing." A leap of faith. "All shall be well, and all shall be well, and all manner of thing shall be well...for there is a force of love moving through the universe that holds us fast and will never let us go." Julian of Norwich

Over the past 20 years, I have gone through many seasons on the spiritual journey as you can imagine. Some years were very dry, no sign of God, while others were very fruitful and giddy. No matter the terrain, I internalized Tim Cook's wisdom: "If you keep your practice, your practice will keep you." And I affirm our community prayer:

God's love has always met and will always meet all my needs. I give freely and receive joyfully. And how blessed I am to simply remember God. Amen. ☸

FOUNDATIONS

BY MARY ANNE BEST

Welcome to the inaugural column of *Foundations*, which will appear monthly throughout 2024 to shed light on the foundational principles, aims and intentions of The Church of Conscious Harmony that ground its teachings, offerings and every detail of its operations. While aspects of the Church have evolved over the last 35 years, the roots remain strongly grounded in Contemplative Christianity and the Work of Inner Christianity. I look forward to sharing a selection from previously published materials or an historical perspective with you that highlights something significant from our foundation.

To begin, here is a wonderful piece from 2007 written by one of the Church co-founders. The foundational message remains as relevant for us today as it was seventeen years ago.

A School of Love by Tim Cook

There is a deeper us, a deeper spirit than any thought or feeling could ever get to and it is only by parting the curtain of our thoughts and deepening into the silent spiritual presence that we find ourselves and are transformed by that silence. And then we realize this silence is what we've been hungry for the whole time. We need to support each other in satisfying that hunger. Our community provides

support in a world that does not prize daily silent practice, a world that doesn't know there is a new identity to be transformed into. A community like ours is an island of sanity, a statement of love that, in our own small way and in our own time, changes the world in ways we can't even imagine. Our community matters to the world because, like a monastery, it is a school of love.

The monks' charism is to be just barely in the world and praying for all of humanity. They know that the human family is one family and they realize that they are that organ of humanity that prays for the whole of the human race, on behalf of everyone. Our community's charism is to be "in the world, but not of it;" to be a little deeper in the world than the monks, yet to live like them in a monastery but without visible walls. Ours are walls of shared community intention that embrace our entire day, holding us in place and aiming our lives.

We intend to live as God's people, even though the world we live in doesn't prize or even acknowledge in any more than a superficial way that there is God. When we live in this way, knowing God in ourselves and ourselves in God, then we will have discovered the meaning of human life and we will have also given our gift to the world. ☸



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WE BELIEVE ...

- ✘ God is all in all. God is eternally revealing as the Trinity – Transcendent Father, Omnipresent Son and Immanent Holy Spirit – active within us as the Divine Indwelling.
- ✘ Christ remains eternally present in every human being – past, present and to come. We are all one in the Body of Christ.
- ✘ Transformation into Christ, unity with the Living God, and participation in the evolution of all creation is possible in this life. Indeed, it is the design and purpose of every human life.
- ✘ We open ourselves to transforming grace through our consent in Centering Prayer, the Eucharist, the Word and spiritual community.
- ✘ God is Love. Love is eternally present. We are called to participate in the dynamism of this love, for God, for one another and for all creation.

Excerpted from *Statement of Beliefs*,
The Church of Conscious Harmony



OUR ANNUAL AIM YOU ARE INVITED TO JOIN IN COMMUNITY

... to renew your consent and will to God,
... to participate fully in a year dedicated to *Holy Unknowing*
... to move ever deeper together as a community
of intention, practice and devotion.

All glory to God!

There is a light within you, in your soul,
uncreated and uncreatable; it simply is.
If you wish to know yourself, look for this light in the dark;
it is ever present, even when you've lost sight of it.

Look away from what you think you are,
and look deeper into the darkness that is within.

There you'll find that light which is ever radiant
Impermanence even if no one – not even you – notices.

Jon M. Sweeney, Mark S. Burrows, *Meister Eckhart's Book of Darkness & Light:
Meditations on the Path of the Wayless Way*

... then I will know fully, even as I have been fully known.

1 Corinthians 13:12

†

All are welcome to participate in The Church of Conscious Harmony's yearlong aim: *Holy Unknowing*. To RSVP to the Church's annual aim invitation and register for any or all of The Journey School offerings described on pages 6-7, please go to consciousharmony.org by **January 28th**. After registration, you will receive a beautiful packet of cards featuring our monthly themes. ☺

THREE SPECIAL INVITATIONS FOR 2024...

THE JOURNEY SCHOOL

The Journey School is a school of transformative spiritual psychology and practice of The Church of Conscious Harmony. It aims to be a spiritual resource for anyone, anywhere, who wishes to more deeply recognize, receive and respond to God as the center of their lives and participate consciously in the transformational spiritual journey into Christ. As such, The Journey School provides the community, structure, teaching, practices and support for the spiritual journey deeper into God's love and our fullness of Being. The Journey School offerings consist of:

- **An annual, yearlong curriculum consisting of a weekly email** that includes art, Scripture, teachings from the Work of Inner Christianity integrated with contemplative Christianity, practices, links to a glossary, and archived emails and classes. Participants in The Journey School are expected to read, reflect and engage the contents, suggested practices and exercises of the weekly email.
- **A weekly online Thursday evening class** that explores the ideas and practices of the Work of Inner Christianity integrated with wisdom from the contemplative Christian tradition – a Zoom gathering of sharing and discovery in a community of high intention and purpose.
- **Weekly Journey Groups**, the primary place for the processing of our Work on the spiritual journey and the nurturing of spiritual community in a small group setting. Discussion is shaped by the weekly curriculum content and how participants are engaging with it in their daily lives.
- **Work Partners**, one-on-one Work relationships supporting one another, setting daily aims, and holding one another accountable.
- **Gurdjieff Movements**, exercises and sacred dances having as their aim equilibrium and unity of being, balancing the three centers, working in all three lines of the Work.

OBLATES

An Oblate of The Church of Conscious Harmony consents to journey deeper into Christ, what theologians call *Theosis*, what Jesus called “abiding with him,” and what St. Paul called “union with Christ” or “putting on the mind of Christ.” Participation as an Oblate is a declaration of intentional relationship to the Divine Mystery that is God and to all creation.

To become an Oblate, a vow is taken, renewable each January. The vow is born of a personal hunger and commitment for transformation into Christ and a wish to live a committed life in service of this aim. In making their vow, Oblates commit themselves to God and to living the Oblate *Rule of Life* so to actively participate in the spiritual journey while engaging the transformative process as “monks in the world.” Oblates also fully participate in The Journey School programs by receiving the weekly email, attending the Thursday class, and participating in a Journey Group (with the option of having a Work Partner and participating in the Gurdjieff Movements). One's vow is to God alone, yet lived out through and with the Church community.

In addition, the Oblate *Rule of Life* consists of the following commitments:

1. Twice daily Centering Prayer practice
2. Daily reading of Scripture
3. Daily study and application of the ideas of the Work of Inner Christianity

-
-
4. Daily conscious movement (e.g., tai chi, yoga, walking)
 5. Weekly immersion in a Eucharistic devotional service
 6. Sacred service for the Church community, such as Sunday Seva, Youth Educational Services (YES), the daily Centering Prayer service team, audio/visual team, Communion Committee, Floral Committee, et al.
 7. Commitment to attend a multi-day Centering Prayer retreat annually
 8. Attendance at the annual weekend Oblate retreat
 9. Meeting with the Abbess at least annually
 10. Tithing

CIRCLE OF DEVOTION OBLATE

A Circle of Devotion Oblate of CCH consents to journey ever deeper into Christ, what theologians call *Theosis*, or simply, Love. A Circle of Devotion Oblate is ordinarily a community elder who has been practicing silent contemplative prayer for many years and wishes to move deeper into the interior stillness and simplicity of silence and prayer, perhaps in expanded solitude. They commit oneself totally to God and to living a personalized expression of the Oblate *Rule of Life*, tailored by the Holy Spirit and supportive to their life state and stage. Their work is prayer: prayer for the community, with an ethic of accompaniment; keeping vigil for the world, in solidarity with the suffering; abiding in peace, surrendered to God, freely giving and receiving love. The intention of a Circle of Devotion Oblate is to affirm that the spiritual journey leads many to a deep interior stillness, where all of life becomes prayer and prayer becomes life in self-emptying love for all and everything. They participate and bless the community through their Being and prayer. Commitments may be discerned in conversation with the Abbess.

The Darkness of Unknowing

If you wish to experience what it is to be born anew, you must leave the crowd and return to the source where you began; there, beyond all thought and imagination and intention, there, in that darkness, you will prepare yourself to be born, shing forth with a stirring that comes solely from within, not from you but from God alone. This birth begins in the darkness of unknowing when you have relinquished all that you understand; Only when you have abandoned your knowing and willing can God shine forth within you. This is the noble birth.


Meister Eckhart's Book of Darkness & Light: Meditations on The Path of the Wayless Way

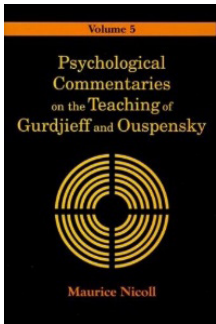
... the mystery hidden from ages and from generations past, but now manifesting to the holy ones, to whom God chooses to make known the riches of the glory of this mystery ... it is Christ in you, the hope for glory.

Colossians 1:26-27

In the Name of God Transcendent, God Omnipresent, God Immanent, the Holy Living Trinity. Amen.

†

Please prayerfully consider these invitations to participate in The Journey School and/or to be an Oblate. Reference consciousnessharmony.org for additional details on the various ways to participate. Registration closes **January 28th.** 



My Father is still working, and I also am working. John 5:17

THE WORK OF INNER CHRISTIANITY

INCREASING CONSCIOUSNESS OF ONESELF

BY SANDRA ELY

The Work teaches us that we are not properly conscious and that our general aim is to increase consciousness. In Maurice Nicoll's Commentary on pages 1519-1521, he shares a couple of ways to increase consciousness of oneself. One way is when you go back in your mind into your past, do not try to see others in your life, but *yourself*. Try to see what kind of a person you were at different stages.

You are encouraged to reread the last sentence slowly, pause and practice. Take time with this life review. There is no hurry to read on.

Then, when ready, continue with Nicoll's lesson, applying the questions and ideas to yourself. See what is revealed to help increase your level of consciousness.


"Now you will say: How can we see what we were like in the past if we never observed it? How can we remember what is not in the memory? It comes about in the following way. If I observe something in myself now and remember what I observe, I will become slowly aware of its having existed before I observed it. The observation begins to travel backwards in time, usually very gradually. ... It is prevented from coming unless one is able to accept it without justifying or criticizing or being negative. It is not pleasant

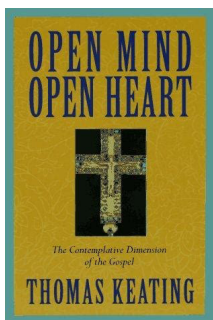
but how can anybody expect to gain an increase of consciousness without being prepared to stand it? ... As we cannot bear being told anything adverse to our imagination of ourselves, we are called upon to observe ourselves uncritically and sincerely and, leaving aside imagination, to begin to assimilate what we notice about ourselves. ...

"Now the more a man works with what he has of the Work and becomes more conscious of what he is and what he has been like, the more can the Work enter him. But if one is beginning to become more conscious of what one is and has been like, something must be beginning to give way to permit it. ... Is it pride and its resulting hardness of heart? Or love of power that will not yield? Or is it obstinacy, is it contrariness, is it pigheadedness, or sulkiness, ... or ignorance, or what? Since increasing knowledge of oneself modifies it, its existence must be connected with ignorance—that is, with lack of consciousness, and therefore with lack of knowledge of the nature of oneself. It must, in short, belong to an unredeemed psychology—that is, to a human asleep to himself and the meaning of life. ...

"But to look at the question from another angle, there is another way of increasing consciousness of oneself

that seems especially to weaken the intractable thing in ourselves that we so grandly call strong will, individuality, determination, the power of knowing our own mind, and so on. To begin this way, try sometimes to see the opposite point of view to that which you hold. I do not mean that you are to discard your point of view but to include the opposite as well. This exercise demands first that you can clearly observe your own point of view: and second that you quite sincerely build up its opposite. Energy blocked up by the one-sidedness of our habitual consciousness is not allowed to flow into the opposite, which is kept out of consciousness. ... If the opposite is genuinely and with effort included in consciousness, the sphere of consciousness is greatly increased and a number of unpleasant features in us disappear. Our one-sidedness, which causes our over-sensitive reactions and also our totally wrong ways of self-valuation, is replaced by a broader, fuller consciousness. We can no longer insist we are right nor be cast down when proved to be wrong."

For more experience with these Work teachings, you are invited to join the Thursday evening online classes 7:00-8:30 p.m. hosted by The Journey School. A six-week introductory Work class is being offered beginning January 24. Please register on our website. 



But whenever you pray, go into your inner room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you. Matthew 6:6

CONTEMPLATIVE PRAYER

INSIGHTS INTO THE DARK

BY SANDRA ELY

In Fr. Thomas Keating's seminal work *Open Mind, Open Heart*, he lists 42 principles underlying the Christian spiritual journey. The 30th guideline is "Regular periods of silence and solitude quiet the psyche, foster interior silence, and initiate the dynamic of self-knowledge."

We believe that sitting in the silence and stillness of Centering Prayer is a foundational practice and way to work with our annual aim of *Holy Unknowing* and our monthly aim of *Seeing Through a Glass Darkly*. To further reflect and work with these aims from the Contemplative Prayer dimension, here is more from Fr. Keating's chapter about the unloading of the unconscious. See how this speaks to you and your journey!

"Through the regular practice of contemplative prayer the dynamism of interior purification is set in motion. This dynamism is a kind of divine psychotherapy, organically designed for each of us, to empty out our unconscious and free us from the obstacles to the free flow of grace in our minds, emotions, and bodies.

"Empirical evidence seems to be growing that the consequences of traumatic emotional experiences from earliest childhood are stored in our bodies and nervous systems

in the form of tension, anxiety, and various defense mechanisms. ... The psyche as well as the body has its way of evacuating material that is harmful to its health. The emotional junk in our unconscious emerges during prayer in the form of thoughts that have a certain urgency, energy and emotional charge to them. ... Simply putting up with them and not fighting them is the best way to release them.


"As the deep peace flowing from contemplative prayer releases our emotional blocks, insights into the dark side of our personality emerge and multiply. We blissfully imagine that we do good to our families, friends, and business or professional associates for the best of reasons, but when this dynamism begins to operate in us, our so-called good intentions look like a pile of dirty dishrags. ...

"When God turns up the voltage, our motivation begins to take on a wholly different character, and we reach out with great sincerity for the mercy of God and for His forgiveness. That is why trust in God is so important. Without trust we are likely to run away or say, 'There must be some better way of going to God.'

"Self-knowledge in the Christian ascetical tradition is

insight into our hidden motivation, into emotional needs and demands that are percolating inside of us and influencing our thinking, feeling, and activity without our being fully aware of them. ... We all have neurotic tendencies. When you practice contemplative prayer on a regular basis, your natural resources for psychic health begin to revive and you see the false value systems that are damaging your life. The emotional programs of early childhood that are buried in your unconscious begin to emerge into clear and stark awareness.


"If in your psyche there are obstacles to opening yourself to God, divine love begins to show you what these are. If you let go of them, you will gradually unfold in the presence of God and enjoy His Presence. The inner dynamism of contemplative prayer leads naturally to the transformation of your whole personality. Its purpose is not limited to your moral improvement. It brings about a change in your way of perceiving and responding to reality. This process involves a structural change of consciousness."

For more information and events involving Centering Prayer, please check our website. The offerings are plentiful, including daily services and monthly retreats. 

COMMUNITY READING

JANUARY-MARCH

What is the purpose of life on Earth? Herein *An Unknown World: Notes on the Meaning of the Earth* by Jacob Needleman frames humanity's role on our planet in a new and refreshing way. The future of the Earth is up to humanity, but first we must become Man, female and male, (a conscious child of God) in order to manifest, in order to be able to do what only Man can do – face the questions of the heart with science on one hand and the spiritual quest on the other hand. To do so, grounded in the eternal, we embark on a process of inner evolution of our capacities for conscious attention, freedom and creativity to receive the unknown, objective conscience, real will and impartial love. We aim to serve the purposes of the higher, perhaps the highest.

This small book is both mind and heart opening. It incorporates ideas of the Work and a contemplative Christianity ecology in words accessible and inspiring and, in so doing, sets the context for our year's journey, accompanying us from Epiphany to Easter. 


COMMUNITY PRACTICE

JANUARY-MARCH

PRACTICING HOPE

How shall we practice hope today? Tomorrow? In this time, in this place. A question to pose to yourself each morning.

From the master practitioner Jeanne de Salzmann, she advises, “When the mind is freer and truly quiet, there is a sense of insecurity, but within there is complete security because the ordinary ‘I’ is absent. My mind is no longer moved by the wish ... of my ‘I’ by its demands, by its ambitions, even by my own inner growth. In this tranquility all responses, reactions and movements of this ‘I’ are left behind. My mind is at rest, stilled by the vision of *what is*. An order is established ... to which I need actively to submit. I feel a kind of respect, and suddenly I see that it is trust. I have confidence in this order, in this law, more than in myself. I entrust myself to it with my whole being.”

With confidence, may I/you/we entrust this self to hope, practice it, in small, practical, ordinary ways. Perhaps this is planting a daily seed that will lead to an abundant harvest. 

JANUARY SERMON THEME

INTENTION, WILL AND AIM

During January, we look to our 22nd Annual Aim and what it means to embrace it with a new will borne of intention.

RECOMMENDED CORE READINGS

Over the decades, numerous books have been recommended to our community. However, these are the “core” foundational books for The Church of Conscious Harmony. Even though many are familiar titles, we will highlight one core book each month as it relates to our annual and monthly aims.

ESOTERIC/METAPHYSICAL

Meditations on the Tarot by Anonymous

Lessons in Truth by H. Emilie Cady

A Different Christianity by Robin Amis

Awareness by Anthony DeMello

WORK OF INNER CHRISTIANITY/FOURTH WAY

In Search of the Miraculous by P.D. Ouspensky

Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky

(vol 1-6) by Maurice Nicoll

Simple Explanations of Work Ideas by Maurice Nicoll

The Fourth Way by P.D. Ouspensky

Living Time by Maurice Nicoll

The New Man: An Interpretation of Some Parables and Miracles of Christ

by Maurice Nicoll

The Mark by Maurice Nicoll

Beelzebub's Tales to His Grandson: All and Everything by G.I. Gurdjieff

Life is Real Only Then, When "I Am" by G.I. Gurdjieff

Meetings with Remarkable Men by G.I. Gurdjieff

The Psychology of Man's Possible Evolution by P.D. Ouspensky

Reality of Being: The Fourth Way of Gurdjieff by Jeanne de Salzmann

CENTERING PRAYER AND SPIRITUAL JOURNEY

Open Mind, Open Heart: The Contemplative Dimension of the Gospel

by Fr. Thomas Keating

Invitation to Love: The Way of Christian Contemplation

by Fr. Thomas Keating

Intimacy with God by Fr. Thomas Keating

The Heart of the World by Fr. Thomas Keating

The Real Christ by Bernadette Roberts

Christian Contemplative Journey: Essays on Christian Mysticism

by Bernadette Roberts

What is Self? A Study of the Spiritual Journey in Terms of Consciousness

by Bernadette Roberts

JANUARY CALENDAR

For more details,
visit consciouharmony.com
or call 512-347-9673

SPECIAL EVENTS

The Journey School enrollment
Jan 7 Registration opens online

* Intro to The Journey School Class
Jan 11 7-8pm

5-Day Centering Prayer Retreat
Jan 12-16 at Cedarbrake (wait list only)

❖ Intro to the Work Class
Jan 24-Feb 29, Weds 7-8:30pm
In person only Register online

MONTHLY

1st Sundays Caritas Donations
Bring non-perishables to CCH
or donate to caritasofaustin.org

WEEKLY

Wednesdays

❖ Communion Service in Sacristy 7:40am

Thursdays

* The Journey School Class 7-8:30pm

Saturdays

* Centering Prayer Support Group 7:35am

Sundays

† Centering Prayer & Lectio Divina 8-9am

❖ Intercessory Prayer 9:15-9:30am

† Worship Service 10-11:30am

❖ Youth Program (preK-12) 10-11:30am

DAILY

† Centering Prayer Service 7-7:35am

* Centering Prayer 6-6:20pm

*Please join these services, groups, and
classes via online video options.
Contact the website for accessible links
and more information.

†In person and online ❖In-person only



THE CHURCH *of*
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A Contemplative Christian Community

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*After their audience with the king, the Magi set out.
And behold, the star that they had seen at its rising
preceded them, until it came and stopped
over the place where the child was.
They were overjoyed at seeing the star,
and on entering the house
they saw the child with Mary His mother.
They prostrated themselves and did Him homage.*

Matthew 2:9-11

EPIPHANY

At the culmination of the Christmas season is the feast of the Epiphany. Epiphany means revelation. What revelation? Each of us is manifesting God, or at least we have the potential of doing so along with every other creature ... but there is more. The feast of Epiphany reveals that God is inviting us to participate in the union of the Son of God with human nature. The Incarnation of the Word made flesh is the marriage between the divine and human nature in Jesus Christ. We share in the mystery of the Word made flesh in virtue of the oneness of the human species and become one body with Christ.

If we have any existence at all,
we must be present to and penetrated by this Presence.
Why not cultivate it?
That is the invitation of the Epiphany.

Thomas Keating