

Blessing for Joy

Rev. Sarah Campbell

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May you be visited in this holy season, in this beautiful, liminal time of darkness and soft light, may you be visited by joy.

Take a Sabbath from the 24 hour news cycle and separate yourself, more often than not, from this little device, now, in this holy season, to let your soul breath, dance, rest.

May you be visited by joy... the joy of laughter and playfulness...the joy of warmth and companionship... the joy of cooking and baking... the joy of giving... the joy of music... the joy of a bracingly cold walk by the river and the sheer surprise at seeing a fox dashing through the woods... the joy of remembering friends and loved ones while opening a Christmas card, hanging a particular ornament, smelling the aroma of cardamom... the joy of quietly and solitarily sitting with a cup of tea and looking out at the winter world and being wide awake to the marvel... the joy of hearing the familiar story of the birth of the one “whose character, teaching, and spirit has shaped our lives beyond all calculation” (Howard Thurman).

And if this year your heart is desolate, still, may you look out at the joy lit faces of children and others with tenderness and trust that such joy will be yours again someday.

Yes! May we be in awe of this most precious ingredient in life...joy, joy the sopranos sing reaching for shimmering notes while our eyes fill with tears...

May you be visited by joy!