

**Weekly Meditation October 20, 2010
By Rev. David Wynn**

Praying for Release

*Autumn,
urge me to drop every leaf I don't need- every task of habit I repeat past its
season,
every sorrow I rehearse,
each unfulfilled hope I recall,
every person or possession to which I cling -
until my branches are bare,
until I hold fast to nothing.*

*Blow me about in your wild iron sky,
crush all that's puffed up,
fluff all that in me needs to go to seed,
send my shadows to sleep.*

*Tutor me through straining night winds
in the passion of moan and pant,
the gift of letting go
at the moment of most abundance -
in the way of falling apples, figs, maple leaves, pecans.*

*Open my eyes to your languid light,
let me stare in your face
until I see no difference between soar and fall,
until I recognize eternity in single breaths,
faint whispers of cool air through lungs.*

*Show me the way of dying
in glorious boldness -
Yellow, gold orange, rust, red burgundy, brown.*

**From Exultation, a Poem Cycle in Celebration of the Seasons by Monza Naff
(Sent by Courage and Renewal of North Texas)**

Spirit always has a way of sending me centering messages when I am feeling most blown about in the "wild iron sky." As I prepare to lead a memorial service for the mother of a dear soul friend, I am reminded of the continuity of life beyond what we can see, and the release we are called to embrace. I am reminded that clinging to things can suffocate the life within them and within me. I am reminded that the dying moments always lead to the living ones and that if I will open myself to the gift of letting go...I will begin to truly live.

Prayer: Loving Creator, help me to let go when I don't want to. Amen.