



SIEBENQUELL

»Saying no to let your YES be heard in this world«



It is not easy to find the right words in these days. Quick answers are often no good, but the times are short, are they not?

People who think they can say something immediately about everything amaze and frighten me in equal measure. What we all have in common is the urgency and the need for change. But how do we bring about real change for a good coexistence, for all living things, or perhaps even a new path, when the old, well-trodden one is no longer suitable? How can hostile sisters and brothers return to the same table? Who will be the first to offer a hand of peace? Where does true peace begin? With ourselves, with our neighbour?

How do we shake off all that is hostile to life?

In my search for insights that shed light on these questions, I came across the prayer of the Capuchin Father Anton Rotzetter. Years ago I heard it during a morning reflection. It immediately spoke to me again and challenged me. For a few days now I have been praying it in the morning and it has an effect on my day. It is like a tender beginning that strengthens

me and lets God's YES to all life slowly sprout again. Like a seed that was sown long ago, yet can sprout. This challenges me to say no to all that is hostile to life. It is not easy to keep one's footing in this world.

But there are the stories: of the lame who learn to walk again, of the blind who regain their sight, of the mute who find words again, the sick who experience healing, the deaf whose ears can be opened again.

The seed seems to have been sown. Let us trust the footsteps of the sower.

With whom else are we on the way?

May we look cautiously at our paths to find the courage to leave the beaten track. May we mindfully illuminate what seems to excite us, but then quickly takes our breath away.

May we consider blockages, seemingly carved in rock, and break them down if necessary. May we go to the roots of what wants to overgrow our hope, confidence and strength and tear it out. May we live more and more from his promise: Where two or three are gathered in my name, there am I in the midst of you.

My prayer from Anton Rotzetter for this time:

I want to say no with you, my God, to everything,
that paralyses, to everything
that makes us sick and depressed.
Give me strength, my God, to say no to everything
that makes me blind, to everything that makes speechless.

I want to say no with you, my God, to everything
that destroys, to everything that frightens.
Give me strength, my God, to say no to everything
that separates, to everything that weakens.

I want to say no with you, my God, to everything
that blinds, to all that enslaves.
Give me strength, my God, to say no to all
that is deadly, to all that wounds.

Translate, my God,
Your no
into the language of my deeds
and through this no allow
Your YES
to become audible
to me and to all the world.

*Sylvia Ditt
Koblenz, October 20th, 2022*
