



SIEBENQUELL

Light without and within



Days of light - the shortest nights - times of celebration and savouring since time immemorial!

For many years, I wished I could spend these longest days in the north. Finally, this longing came true and I travelled to an island in the Baltic Sea with a friend. And we savoured these days to the full. We greeted the day in silence by the water, the light rose in the north-east and spread across the sky and water. It filled our hearts with reverent wonder, we breathed in and out deeply and then slowly walked into the day. The desire to explore and discover grew in us, we moved under our own steam - we had so much time! And late in the day, we were drawn back to the sandy shore of the sea and surrendered to the gradually fading light, which enchanted us and made us linger under the sky long after the sun had set in the north-west.

I cherish the memory of those days like a treasure in my heart. The last verse of Reinhard Mey's song »So viele Sommer« (So many summers) rings softly in my ears:

»Preserve the light from this summer day
For the winter day that may well come. «

We are children of light. God's creation began with »Let there be light« and the longing for light is written in our hearts. »You wrap yourself in light as in a garment« enthuses the psalmist, giving us his experience of God (Psalm 104) and in Psalm 36 it says: »For with thee is the fountain of life; in thy light do we see light.«

The current long, bright days move me to praise the light, because it is there. We can draw the curtains, we can dabble in the gloom, we can let the darkness of our lives rule everything. We can choose the darkness in the way we think and speak, who we listen to and who we close ourselves off from. But Jesus, as the Son of the Father, does not advise us to do so:

»Walk while you have the light, lest the darkness overtake you; he who walks in the darkness does not know where he goes. While you have the light, believe in the light, that you may become children of light.« (Jn 12, 35-36) Again and again, the Gospel of John speaks of Jesus as the light that came into the world. This light is the deep light of God's truth in us, in each of us. Jesus speaks of this to Nicodemus, who as a Pharisee only dared to come to him in the darkness of night, and clearly shows him the way: »But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God.« (Jn 3:21) The divine truth in us wants to be lived so that it can shine. The love in us wants to flow so that it can shine.

And I end my thoughts on light on this day with an Irish blessing:

Light without and light within.

May the blessing of light be on you,
light without and light within.
May the blessed sunlight shine upon you
and warm your heart till it glows,
Like a great peat fire,
so that the stranger may come
and warm himself at it,
as well as the friend.

Rosemarie Monnerjahn
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