



*Every morning
we must hold out
the chalice of our being
to receive,
to carry,
and to give back.*

Dag Hammarskjöld

**BLESSED ARE THEY WHO HUNGER AND THURST
FOR RIGHTEOUSNESS**

Prayer

What else can we do, Lord,
than let you enter
into our hearts,
into our words,
into our hands.

What else can we do, Lord,
than to let ourselves fall freely
into your heart, Lord,
into your words,
into your hands.

What else do we want, Lord,
than to become deeply one with you,
one with our source,
one with our origin,
one with our future.

What else do we want, Lord,
than to become new,
new from our source,
new from our origin,
new from our future.

REFLECTION I

Cups,
made from the most precious material
that the earth gives to us:
GOLD.

Cups,
we can almost feel the hands of the goldsmith,
his hammering,
his pounding,
his determination to form the gold
so that it will become a cup.

Material and form are united.
The form serves the material,
makes it - in its simplicity – into something precious and noble.
and conversely,
the material brings out the beauty of the form.

We see the cups,
clean, shining and glowing in the light.
They begin to glow when a beam of light hits them.
The fire with which the gold was purified
seems to burn in them.

Cups are empty.
Ready for a meal,
ready to be filled with a drink, with wine,
to be filled to the brim.
That is their purpose. For that they exist.

REFLECTION II

Cups,
with their possibility to be filled,
are a symbol for us,
of our life.

We are all filled
with thoughts, worries, plans,
which almost wash us away.

Or we are filled with information,
with opinions, with ifs and buts,
so that we are in danger of overflowing.

Another time we are empty,
burned-out,
dried up.

There are times
when we almost overflow with happiness, with awe,
with the joy of success,
with the tenderness of a relationship,
with the atmosphere of a community
or a common feast.

We can be filled
without being intoxicated by it all.

And there are times
filled with bitterness,
when the drink, given to us,
tastes like gall
and when this overflowing is expressed also physically
in the shedding of tears.

REFLECTION III

We are like a cup.
but we are at the same time
more and less,
vulnerable, but also more alive
than cups of gold.

More, because we don't have to take everything in
that is poured into us,
we can refuse to accept it,
we can open ourselves or close ourselves.

Less, because we will never be so totally empty,
so polished, so clean,
so exclusively ready to accept new things.

More vulnerable,
because we are more similar to a cup-like flower
than to a cup of gold.

We are not so insensitive
We have a thinner skin
And easily feel hurt

More alive,
because as the cups that we are,
we can decide and say
what we want to be filled with.
As cups we ourselves are thirsty,
we have the hope and longing
to experience fullness.

REFLECTION IV

We – each one a cup,
long and thirst to be filled with life,
with love, with freedom,
with peace.

This fulfilment
encounters many obstacles.
And therefore
we must try time and again,
to make ourselves more empty, freer,
wider, purer in order to receive all
that can fill us.

It needs a purification of our mind.
Only when our mind comprehends
that our life needs more than what is useful,
that all superficial fulfilment
always brings longing for more,
only then are we ready,
to direct our hope to Him
who already now wants to be ALL to us: GOD.

This needs a purification of our will.
That does not mean
that we should no longer desire anything,
but that our will
will be conformed to the Will of God,
to whom Jesus, our brother
owed his perfect humanity,
because he was obedient to him.

It needs a purification of our senses
and our feelings.
They are only too often possessed with an addiction to evil.

***Blessed are they
who hunger and thirst for righteousness.
They will be satisfied.***

That means nothing else but that
One who can make oneself free
from the little today's, tomorrow's and yesterday's desires
and be oriented to the one need,
to give God what belongs to God,
and who lets oneself be embraced by God's righteousness,
will taste life
and will be fulfilled for all eternity.

