# LIGHT THROUGH THE CRACK



This beautiful limbs book is for an all as we discover the crack in our lives and the light that can show through it."

-PEAN VANTER

Sue Mosteller, C.S.J.

# **Light Through The Crack Life After Loss**

**IM Harris** 

### **Light Through The Crack Life After Loss:**

**Light Through the Crack** Sue Mosteller, 2007-12-18 A deeply moving and engaging work of Christian spirituality in the tradition of Henri Nouwen written by his close friend and literary executrix Sue Mosteller has had a rich life as a spiritual adventurer and as a member and leader of L Arche Community where she first met the great spiritual writer Henri Nouwen In Light Through the Crack she tells her own story and the stories of the people she has known throughout her life She writes about her family and her upbringing the fifty years she has spent with the Sisters of St Joseph her thirty years of involvement with L Arche Daybreak Community where people with disabilities and those who assist them create a home together and her close twenty year friendship with Nouwen With grace and humor she explores the relationships she has formed and the difficulties that go with them Through her varied experiences she has learned that it is impossible to live with people over the long term and hide your flaws and vulnerabilities Leonard Cohen once wrote in a song There is a crack in everything That s how the light gets in Combining revealing memoir and the inspirational stories of others Mosteller brings to life the meaning of that resonant phrase and illuminates why human weaknesses the cracks in our personalities are actually the greatest sources of light for the world Light Through the Crack Sue Mosteller, 2006 Jean Vanier Michael W. Higgins, 2016 Winner of the 2015 Templeton Prize and numerous other international and prestigious honors Jean Vanier lives a radical poverty of surrender in a time of fanatical acquisitiveness economic disparity and mounting bellicosity among nations He is a philosopher of the heart icon of wholeness and justice activist Through such key notions as trust community relationship and humility Vanier has built up a network of service and nurturing growth spanning the globe the L Arche Movement He has advocated for peace in a world that treasures its violence written extensively about the very meaning of human personhood and championed sensitivity to the diverse spiritual traditions that make up our world His remarkable life has included rich friendships with Blessed Mother Teresa St John Paul II and Henri Nouwen Jean Vanier is a man of complexity and formal philosophical training a scion of a family of national pedigree and one of the seminal religious and inspirational figures of our time In this volume Michael Higgins focuses on Vanier's many interconnections personal and conceptual with the mighty and the humble the pious and the secular as well as the young and the seasoned People of God is a series of inspiring biographies for the general reader Each volume offers a compelling and honest narrative of the life of an important twentieth or twenty first century Catholic Some living and some now deceased each of these women and men has known challenges and weaknesses familiar to most of us but responded to them in ways that call us to our own forms of heroism Each offers a credible and concrete witness of faith hope and love to people of our own day Spiritually Healthy Divorce Carolyne Call,2011-05-06 Chart a Course to Wholeness in the Aftermath of Divorce Divorce tends to rip away your fa ade and defenses and call into question what you know or believe That vulnerability is painful but ultimately can bring you to a place where your spiritual life can gain strength and insight if you are open to it In the midst of feeling lost you can find a new path

forward which brings you to a better place from the Introduction Divorce is never easy and almost always includes profound experiences of pain isolation anger despair and confusion Here is a spiritual map for regaining your bearings helping you move through the twists and turns of divorce in a spiritually healthy way Drawing on her work as a pastor and counselor and her personal experience with divorce Carolyne Call proposes a three prong approach to help you reset your compass on a new destination wholeness Supported by first person accounts from men and women from a variety of faith traditions who have found their way through divorce she helps you identify Where you want to go I want to be true to who I am Where you don t want to go the cul de sacs of bitterness resentment victimization and guilt What you can do to get there the World Carolyn Whitney-Brown, 2019-10-16 Jean Vanier's spiritual vision and sense of humour shaped L Arche but the organization was also informed by its surprising history with the United Church of Canada In Tender to the World Carolyn Whitney Brown explores the connections between the two organizations through diverse critical insights from Julia Kristeva Doreen Massey and Mikhail Bakhtin as well as Vanier's controversial articulation of the gift of weakness Tracing the five decade relationship between L Arche and the United Church alongside evolving disability theories Whitney Brown examines both the fundamental importance of stories and the agency of people with intellectual disabilities Inversion a transformative overturning of expectations in social interactions can be upsetting or exciting challenging or inspiring she argues This book offers a fresh look at how L Arche and the United Church have worked to break down walls of difference illuminating how each tenders something unexpected to the other and to the world At a time when many are seeking new visions for society the long and complex relationship between Canada's largest Protestant denomination and L Arche offers both encouragement and a deeper way to approach questions of living in diverse communities Friends Journal ,2007 I See That You Are Down, but When Are You Going to Get Up? Shawn McDowell,2007-10-31 I See That You Are Down But When Are You Going To Get Up chronicles the trials and tribulations I encountered during transition for boyhood to man hood through the transformative powers of Christ and the Holy Spirit within us all We are far more than our parental DNA and far greater than the product of our environment We have far more in common within the human experience than we are willing to accept The three primary causes of conflict chronicles throughout history have been based upon racial division religious intolerance and those who seek to control the resources of this planet God created for us all to share Unless we all strive to live a balanced life whereby our mind body and spirit work in unison to bring forth inner peace inner turmoil will bring for external conflict into our environment *Grief and the Expressive Arts* Barbara E. Thompson, Robert A. Neimeyer, 2014-01-10 The use of the arts in psychotherapy is a burgeoning area of interest particularly in the field of bereavement where it is a staple intervention in hospice programs children's grief camps specialized programs for trauma or combat exposure work with bereaved parents widowed elders or suicide survivors and in many other contexts But how should clinicians differentiate between the many different approaches and techniques and what criteria should they use to

decide which technique to use and when Grief and the Expressive Arts provides the answers using a crisp coherent structure that creates a conceptual and relational scaffold for an artistically inclined grief therapy Each of the book s brief chapters is accessible and clearly focused conveying concrete methods and anchoring them in brief case studies across a range of approaches featuring music creative writing visual arts dance and movement theatre and performance and multi modal practices Any clinician expressive arts therapist grief counselor or something in between looking for a professionally oriented but scientifically informed book for guidance and inspiration need look no further than Grief and the Expressive Arts

Musings of an Old Soul Don Anderson, 2010-10-08 These events I have written about are musings of an old soul from a perspective outside most individual s human box I have written about these musings looking at them from a cosmic perspective for this is how I view things Perhaps you may find some common ground Perhaps you may scoff at the possibilities and think it is all too much Keep an open mind Reality is as the being who experiences it Regardless of whether or not you believe another s reality it is still a reality to them **Lost in Grief** Karen Frenette, 2011-06-24 It began as an ordinary uneventful day in December 1994 without any warnings whispered messages in her ear or premonitions that this would be the last normal day Karen Frenette would ever experience It was the day her nineteen year old son Corey would take his last breath In her memoir Lost in Grief A Mom s Story Frenette narrates the poignant story of her long and difficult journey through the emotional dark wood of grief after her son was tragically killed in a car crash With raw honesty Frenette details the sixteen year long process of how she found her way back to discovering the goodness in life even after expriencing the worst it had to deliver As she offers inspiration for other parents grieving their own losses she recalls how she struggled with her own fears doubts and pain wondering if the all consuming deep ache of yearning would ever cease Lost in Grief A Mom's Story offers help and guidance any parent who has endured the death of a child and needs to know that through all the darkness there is someone in the world who truly understands The Catholic Periodical and Literature Index ,2007 Tales from the Wishbone Tree Helly Eaton, 2019-06-28 A heartfelt expression of a personal encounter with grief and how a wise old tree healed and soothed the author's broken edges Tales from the Wishbone Tree is a personal story about love loss and survival Former award winning journalist editor and complementary health practitioner Helly Eaton moved to rural West Dorset When her beloved husband was diagnosed with cancer she found herself treading the fragile line between being wife lover friend and carer After his death she discovered the wishbone tree high on a hill near her home and it has become her friend and confidante sharing its wisdom and comfort when she needed it most It s taught her many valuable lessons about living and surviving life s traumas The book reveals how an increasingly common experience that affects millions of people can have deep and far reaching effects It is surprising and a testament to how nature can save the day in often small but profound ways Heartbreak and humour the ups and downs of losing someone you love Thank heavens for the wishbone tree Everyone should have one Turning Toward Grief James Crews, 2025-10-28 Poetry offers

potent medicine for healing the heart As a teacher of mindfulness and writing courses retreats and webinars for more than a decade beloved poet editor and writer James Crews has seen again and again how poems can initiate a deep dive into our own experience and how reflecting on poetry can open the floodgates of feeling More and more people are turning to poetry as a source of comfort in times of grief loss and uncertainty especially as our society moves away from organized religion People are seeking new outlets for wisdom ritual and creativity to help them express their collective grief both global and personal Poetry is a unique tool for healing because it is rooted in the everyday material of our lives helping us to stay embodied and in touch with the physicality of ourselves and the world Turning Toward Grief presents a collection of highly accessible and comforting poems many of which have been shared by thousands of people across social media in newsletters on podcasts and radio shows and in meditation and yoga classes throughout the world Recognizing that poetry can sometimes feel intimidating Crews includes brief prose reflections after each poem followed by inviting and welcoming writing prompts These elements encourage and support readers as they explore the personal images memories and emotions sparked by each entry Turning Toward Grief invites us back into the senses to find even a few brief instances of relief from the often overwhelming suffering By paying attention to our grief we can learn to see it as less threatening and although it s terribly difficult we can turn toward our grief in gentle ways each day American Book Publishing Record ,2005 Call. Responding and the Worlds Inbetween Johann-Albrecht Meylahn, 2020-01-10 The book is a reading of numerous contemporary continental philosophers Badiou Deleuze and Guattari Laruelle and Derrida amongst others and bringing them into conversation with each other around various ethical and political challenges of living in capitalist worlds What can contemporary continental philosophy offer with regards to the questions of decolonial thinking the challenges of identity politics the formation of political identities in response to the dominant norms in the context of the struggles of victims of **From Grief to Gratitude** Marion Turner, 2019-02-16 From Grief to Gratitude gently guides you through a these norms simple but profound process of self discovery combined with meditations that will facilitate your personal shift from grief to gratitude You will rediscover your self your purpose and passions as you learn how to let go of the past and embrace the present reclaiming your life and getting back to you Marion Turner shares the steps that took her on this profound journey over ten years resulting in a state of gratitude and acceptance of life for what it is Whether you are grieving the loss of a loved one the loss of a relationship the loss of health or any other thing of importance to you this book will help you make sense of your state of being and reactivity which will restore clarity peace and joy to your life Honour what you have lost by living your life to its fullest living with purpose and on purpose This is a book about awareness acceptance forgiveness self compassion gratitude and joy **Zodiac Hacks** Arik Xander, 2021-06-23 Upgrade your reality and overcome obstacles with Zodiac Hacks a unique synergy of astrological wisdom with spiritual laws and archetypal energies supercharged with the starlight of the constellations and yet relatable to every aspect of your life Packed with practical tips and intense yet

accessible spiritual guidance this book uses the metaphor of computers with your sun sign as your software to make astrological karmic tarot and archetypal concepts less intimidating to readers Xander's style of astrology emphasizes choice over fate encouraging readers to walk the path of their own destiny using their chart as their map **Wonder and Loss** Sam Meekings, 2025-10-02 A braided memoir that interweaves the author's personal journey through grief with a guide on how to write about it this book is both Sam Meekings raw account of the death of his younger brother and a step by step breakdown of the memoir writing process With a twin focus on how to heal and preserve precious memories whilst exploring the mechanics of writing about the self Wonder and Loss uses personal story writing theories useful strategies and detailed prompts to invite the reader to write alongside Sam on a path that is both painful and profound One of the most straightforward approaches to writing memoir put to page Sam Meekings breaks down the craft of personal narrative into understandable steps and considerations and provides a sequence of actions and suggestions that are both practical and motivating Allowing readers to take control of their own stories this book shares references to related works as well as new theories from the worlds of neuroscience neurology psychology and creative writing translating them into processes writers can use to remember those lost and to rediscover themselves Compellingly honest and an introspective look at the transformation through grief and loss as it s written readers will learn to both honour and record the memories of those they Lutheran Evangelist ,1901 Grief Melissa M. mourn and to rediscover the person they are and can be Kelley, 2010-03-12 The experience of grief has been a source of intrigue and curiosity throughout history and it continues to stimulate thought and theory in various fields of study Unfortunately these fields tend to function in isolation from each other The result is a substantial disconnect between grief research theory and care which has evolved greatly over the last two decades and ministerial practice Using a metaphor of grief as a mosaic Melissa Kelley presents contemporary grief theory and research integrated with important theological religious and ministerial perspectives Written in an accessible way for ministers ministers in training and all pastoral and spiritual caregivers this book provides the most up to date theory and research in grief to help inform their care of others Through exploration of critical topics including attachment to God meaning making and religious coping in grief readers are brought right to the heart of a contemporary understanding of grief

# Decoding Light Through The Crack Life After Loss: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Light Through The Crack Life After Loss**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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