



SAINT DOMINIC CHURCH

Packet for Live Stream Mass

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SAINT DOMINIC CHURCH

EAGLE ROCK, CALIFORNIA

Second Sunday of Ordinary Time

Sunday January 17, 2021

www.saintdominics.org



SECOND SUNDAY OF ORDINARY TIME - JANUARY 17, 2021

MUSIC PLANNER

SAINT DOMINIC CHURCH
EAGLE ROCK, CALIFORNIA

SECOND SUNDAY IN ORDINARY TIME)
LIVE STREAM MASS

JANUARY 16, 2021 at 4:00 P.M., AND JANUARY 17 AT 9:00 A.M.

FOCUS: *The call of God*

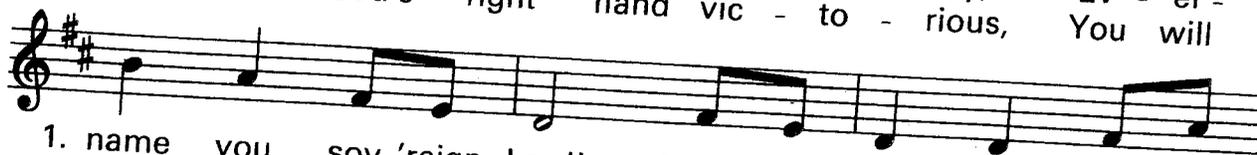
Gathering Song:	"God, We Praise You" {NETTLETON}
Penitential Rite:	<i>spoken</i>
Glory to God:	sung: Missa Simplex
Responsorial Response:::	"Psalm 40: Here I Am, Lord" - Cooney
Gospel Acclamation:	sung [Respond And Acclaim]
Presentation of the Gifts:	"He's Calling Out Your Name" - Somma, Kristiansen, Batstone
Holy, Holy, Holy:	"Holy" - Shutte"
Memorial Acclamation:	"We Proclaim Your Death" - Schutte
Great Amen:	"Great Amen" - Schutte
Lamb of God Litany:	sung - "Missa Simplex"
Communion Song:	"Here I Am, Lord" - Schutte
Closing Song:	"I Am The Light Of The World' - Hayakawa

GOD, WE PRAISE YOU

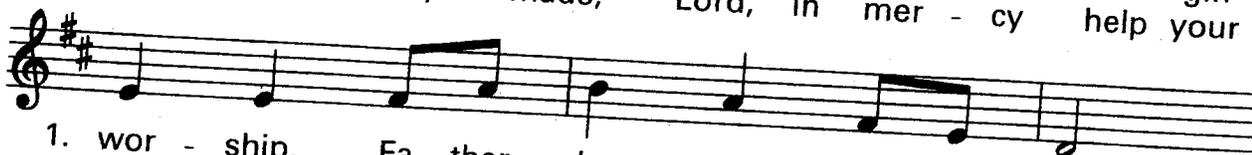
NETTLETON



1. God, we praise you! God, we bless you! God, we
 2. True a - pos - tles, faith - ful proph - ets, Saints who
 3. Je - sus Christ, the King of glo - ry, Ev - er -
 4. Christ, at God's right hand vic - to - rious, You will



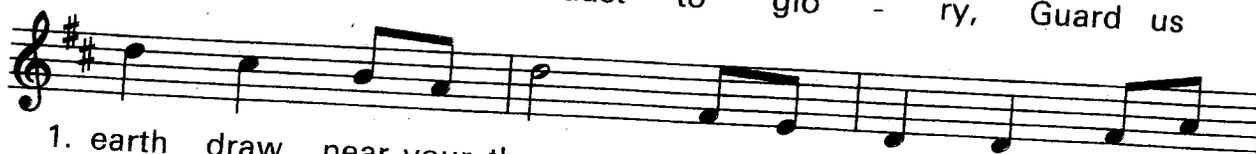
1. name you sov'-reign Lord! Might - y King whom an - gels
 2. set their world a - blaze, Mar - tyrs, once un - known, un -
 3. last - ing Son of God, Hum - ble was your vir - gin
 4. judge the world you made; Lord, in mer - cy help your



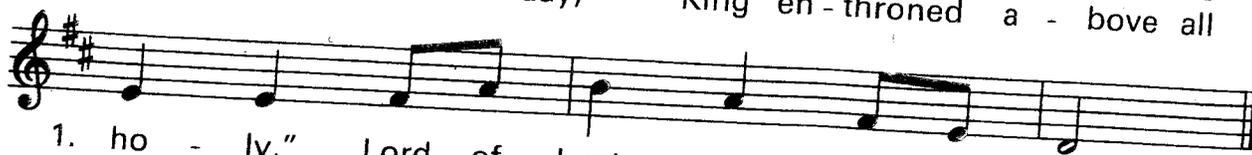
1. wor - ship, Fa - ther, by your Church a - dored:
 2. heed - ed, Join one grow - ing song of praise,
 3. moth - er, Hard the lone - ly path you trod:
 4. ser - vants For whose free - dom you have paid:



1. All cre - a - tion shows your glo - ry, Heav'n and
 2. While your Church on earth con - fess - es One ma -
 3. By your cross is sin de - feat - ed, Hell con -
 4. Raise us up from dust to glo - ry, Guard us



1. earth draw near your throne, Sing - ing "Ho - ly, ho - ly,
 2. jes - tic Trin - i - ty: Fa - ther, Son, and Ho - ly
 3. front - ed face to face, Heav - en o - pened to be -
 4. from all sin to - day; King en - throned a - bove all



1. ho - ly," Lord of hosts and God a - lone!
 2. Spir - it, God, our hope e - ter - nal - ly.
 3. liev - ers, Sin - ners jus - ti - fied by grace.
 4. prais - es, Save your peo - ple, God, we pray.

Text: 87 87 D; *Te Deum laudamus*; attr. to St. Nicetas of Remesiana, ca. 335-414;
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 Music: J. Wyeth's *Repository of Sacred Music, Part II*, 1813.

Glory to God

Cantor/Choir/Assembly

Richard Proulx, 1937-2014

1

Glo-ry to God in the high - est, and on earth peace to peo - ple of good will.

D Em7 G D/F# Bm A D/F# Em7 A

3

We praise you, we bless you, we a - dore you, we glo - ri - fy you,

D D/F# G D/F# Bm A Em7 A

5

we give you thanks for your great glo - ry, Lord God, - heav - en - ly King.

Bm7 A/C# Em7 A D Em7 D/F#

7

O God, al - might - y Fa - ther. Lord Je - sus Christ,

Bm D/F# F#m Em7 A D Em7

On - ly Be - got - ten Son, Lord God, Lamb of God, Son of the Fa - ther,

D/F# G D/F# Bm D/F# F#m Em7 A

10

you take a - way the sins of the world, have mer - cy on us;

Asus2 A G/B A/C# Bm Em/G

12

you take a - way the sins of the world, re - ceive our prayer;

Asus2 A G F#m Bm Em/G

14

you are seat - ed at the right hand of the Fa - ther, have mer - cy on us.

D/F# Em D C D Bm C

16

For you a - lone are the Ho - ly One, you a - lone are the Lord,

Bm D/A F#m G A Bm Em7 A

18

you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,

Bm Am/C D Em7 F#m Bm F#m Em7 A

20

in the glo - ry of God the Fa - ther. men.

Bm Am/C D Em7 F#m Em7 Em/D C D

PSALM 40: HERE I AM/GOD

Rory Cooney

Refrain



Here I am, Lord, here I am. I come to do your will.

1. Long was I waiting for God,
and then he heard my cry.
It was he who taught this song to me,
a song of praise to God.
2. You asked me not for sacrifice,
for slaughtered goats or lambs.
No, my heart,
you gave me ears to hear you,
then I said, "Here I am."
3. You wrote it in the scrolls of law
what you would have me do.
Doing that is what has made me happy,
your law is in my heart.
4. I spoke before your holy people,
the good news that you save.
Now you know that I will not be silent,
I'll always sing your praise.

Text: Based on Psalm 40:8, 14, 2, 4, 7-10. Refrains text © 1969, 1981, ICEL. All rights reserved. Used with permission.
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HE'S CALLING OUT YOUR NAME – Somma, Kristiansen, and Batstone

Verse 1: He's the Lord of ev'ry season, He's the Master of all time;
and He's come to sow His seeds in this field of humankind.
The eternal Word of heaven is among us in this place; and if you have
ears to listen, you can hear Him call your name.

REFRAIN:

He's calling out your name, He's calling out your name.

If you have ears to listen, He's calling out your name.

Verse 2: He's the Father of all mercy, and your silent prayer's been heard.

He will satisfy the thirsty by the water of His Word.

As the Bread of Life is broken and Jesus is proclaimed,

may your eyes be opened to the One Who calls your name. (REFRAIN)

HOLY

Dan Schutte

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and
earth are full, are full of your glo - ry. Ho - san - na! Ho -
san - na! Ho-san-na in the high - est. Bless-ed is
he who comes, who comes in the name of the Lord. Ho -

(Fine)

The musical score for 'HOLY' is written on four staves in G major (one sharp) and 4/4 time. It features a melody with a triplet of eighth notes at the end of the first line and another triplet at the end of the third line. The lyrics are: 'Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and earth are full, are full of your glo - ry. Ho - san - na! Ho - san - na! Ho-san-na in the high - est. Bless-ed is he who comes, who comes in the name of the Lord. Ho -'.

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WHEN WE EAT THIS BREAD

Dan Schutte

When we eat this Bread and drink this Cup, we pro-
claim your Death, O Lord, un - til you come a - gain.

The musical score for 'WHEN WE EAT THIS BREAD' is written on two staves in G major (one sharp) and 4/4 time. The lyrics are: 'When we eat this Bread and drink this Cup, we pro-claim your Death, O Lord, un - til you come a - gain.'

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AMEN

Dan Schutte

A - men. A - men. A - men.

The musical score for 'AMEN' is written on one staff in G major (one sharp) and 4/4 time. The lyrics are: 'A - men. A - men. A - men.'

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Lamb of God

Richard Proulx, 1937-2010
Adapted by Michael O'Connor, O.P.

Cantor/Choir/Assembly

Lamb of God, you take a-way the sins of the world, have mer-cy on us.

D Em7 D/F# D G D/F# Bm A

This system contains the first line of music. It features a vocal line for Cantor/Choir/Assembly and a piano accompaniment. The lyrics are "Lamb of God, you take a-way the sins of the world, have mer-cy on us." The piano part includes chords D, Em7, D/F#, D, G, D/F#, Bm, and A.

Lamb of God, you take a-way the sins of the world, have mer-cy on us.

Bm A/C# D D/F# G D/F# Bm A

This system contains the second line of music. The lyrics are "Lamb of God, you take a-way the sins of the world, have mer-cy on us." The piano part includes chords Bm, A/C#, D, D/F#, G, D/F#, Bm, and A.

Lamb of God, you take a-way the sins of the world, grant us — peace.

D/F# Em7 D G/D C D Em7 Em/D C D

This system contains the third line of music. The lyrics are "Lamb of God, you take a-way the sins of the world, grant us — peace." The piano part includes chords D/F#, Em7, D, G/D, C, D, Em7, Em/D, C, and D.

HERE I AM, LORD

Dan Schutte

Verses



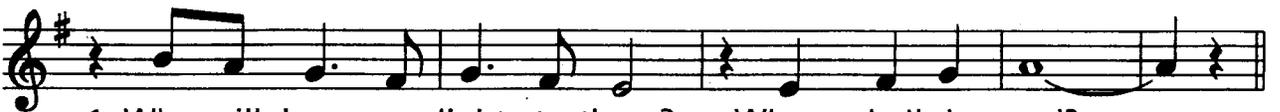
1. I, the Lord of sea and sky, I have heard my peo - ple cry.
2. I, the Lord of snow and rain, I have borne my peo - ple's pain.
3. I, the Lord of wind and flame, I will tend the poor and lame.



1. All who dwell in dark and sin My hand will save. I, who
2. I have wept for love of them. They turn a - way. I will
3. I will set a feast for them. My hand will save. Fin - est



1. made the stars of night, I will make their dark - ness bright.
2. break their hearts of stone, Give them hearts for love a - lone.
3. bread I will pro - vide Till their hearts be sat - is - fied.



1. Who will bear my light to them? Whom shall I send?
2. I will speak my word to them. Whom shall I send?
3. I will give my life to them. Whom shall I send?

Refrain



Here I am, Lord. Is it I, Lord? I have heard you



call - ing in the night. I will go, Lord, if you lead me.



I will hold your peo - ple in my heart.

Text: Based on Isaiah 6. Text and music © 1981, OCP. All rights reserved.

I AM THE LIGHT OF THE WORLD – Hayakawa

REFRAIN: I am the Light of the world, says the Lord,
they that follow Me will have the light of life.

Verse 1: Arise, says the Lord, have no fear within you,
for in My presence there will be no darkness.

I am the Light of the world. (REFRAIN)

Verse 2: Walk in the light, there is no cause to stumble;
I have come to light the path before you.

I am the Light of the world. (REFRAIN)

Verse 3: Listen to My words: they are from the One who sent Me:
For you, my friends, are called to share God's glory.

You are the light of the world. (REFRAIN)

**2ND SUNDAY IN ORDINARY TIME
LIVE-STREAM MASS PACKET
ST. DOMINIC CATHOLIC CHURCH
LOS ANGELES, CALIFORNIA
JANUARY 17, 2021**

INTRODUCTORY RITES

Opening Song – please refer to the music pages above in your packet

Priest:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

People: And with your spirit.

Penitential Act

All: I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Presider: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

R. Amen.

V. Lord, have mercy.

V. Christ, have mercy.

V. Lord, have mercy.

R. Lord, have mercy.

R. Christ, have mercy.

R. Lord, have mercy.

Gloria – please refer to the music pages above in your packet

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world, have mercy on us;

you take away the sins of the world, receive our prayer;

you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen.

Collect

Priest:

Almighty ever-living God, who govern all things, both in heaven and on earth, mercifully hear the pleading of your people and bestow your peace on our times. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

THE LITURGY OF THE WORD

Reading 1 **1 Sm 3:3b-10, 19**

Samuel was sleeping in the temple of the LORD where the ark of God was. The LORD called to Samuel, who answered, "Here I am." Samuel ran to Eli and said, "Here I am. You called me." "I did not call you," Eli said. "Go back to sleep." So he went back to sleep. Again the LORD called Samuel, who rose and went to Eli. "Here I am," he said. "You called me." But Eli answered, "I did not call you, my son. Go back to sleep."

At that time Samuel was not familiar with the LORD, because the LORD had not revealed anything to him as yet. The LORD called Samuel again, for the third time. Getting up and going to Eli, he said, "Here I am. You called me." Then Eli understood that the LORD was calling the youth. So he said to Samuel, "Go to sleep, and if you are called, reply, Speak, LORD, for your servant is listening." When Samuel went to sleep in his place, the LORD came and revealed his presence, calling out as before, "Samuel, Samuel!" Samuel answered, "Speak, for your servant is listening." Samuel grew up, and the LORD was with him, not permitting any word of his to be without effect.

The word of the Lord. Thanks be to God.

Responsorial Psalm will be sung – please refer to the music pages above in your packet

Reading 2 **1 Cor 6:13c-15a, 17-20**

Brothers and sisters:

The body is not for immorality, but for the Lord, and the Lord is for the body; God raised the Lord and will also raise us by his power.

Do you not know that your bodies are members of Christ? But whoever is joined to the Lord becomes one Spirit with him. Avoid immorality. Every other sin a person commits is outside the body, but the immoral person sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body.

The Word of the Lord. Thanks be to God.

The Alleluia is sung – please refer to the music pages above in your packet

Gospel (Jn1, 35-42)

John was standing with two of his disciples, and as he watched Jesus walk by, he said, “Behold, the Lamb of God.” The two disciples heard what he said and followed Jesus. Jesus turned and saw them following him and said to them, “What are you looking for?” They said to him, “Rabbi” — which translated means Teacher —, “where are you staying?” He said to them, “Come, and you will see.” So they went and saw where Jesus was staying, and they stayed with him that day. It was about four in the afternoon. Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus.

He first found his own brother Simon and told him, “We have found the Messiah” — which is translated Christ —. Then he brought him to Jesus. Jesus looked at him and said, “You are Simon the son of John; you will be called Cephas” — which is translated Peter.

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

Homily

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God,
born of the Father before all ages.

God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
Through him all things were made.

For us men and for our salvation he came down from heaven,
[at the words that follow, up to and including “and became man,” all bow.]

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins
and I look forward to the resurrection
of the dead and the life of the world to come.
Amen.

Prayers of the Faithful

Priest:

We have gathered today to listen to God speaking to us through his word in the Scriptures. Now we speak to God from our hearts bringing to him our needs.

Lector:

1. For the Church, especially during the Week of Prayer for Christian Unity, that the Lord may direct and strengthen our dialogue and collaboration and lead all Christians to be one in faith, hope and charity...
We pray to the Lord. Lord, hear our prayer.
2. For God's blessing upon our country as we make the transition to a new presidency. May the transition be peaceful and may our political leaders make wise and just decisions regarding the difficulties of the past weeks...
We pray to the Lord. Lord, hear our prayer.
3. For strength and perseverance for all those who are struggling to overcome the pandemic, and for God's continued blessings upon all those who are serving and protecting us...
We pray to the Lord. Lord, hear our prayer.
4. For the protection and wellbeing of the unborn, immigrants, the homeless and all who are vulnerable...
We pray to the Lord. Lord, hear our prayer.
5. For _____, whom we remember in a special way at this Mass...

4:00 P.M. Vigil Mass:	Marie Emily Kletke, for her birthday
7:30 AM Mass:	Cristina and Tessie Sy, in thanksgiving
9:00 AM Mass:	the people of St. Dominic's Parish
11:00 AM Mass:	Oscar Leonel Magaña, for the repose of his soul
4:00 PM Mass:	Rod and Zeny Corella, for their 40 th Wedding Anniversary

We pray to the Lord. Lord, hear our prayer.

6. **For the intentions written in our Book of Prayer and for all the intentions we hold in the silence of our hearts (PAUSE)...**

We pray to the Lord. Lord, hear our prayer.

Priest:

Lord, we thank you for the privilege of calling us to follow you. May we continue to listen to your voice and accomplish your will in our lives. We ask this through Christ our Lord. Amen.

During this time of Offertory, we invite those of you viewing Mass from home to prepare your donation to the parish which you may send later at your convenience. Thank you for your continued generosity.

THE LITURGY OF THE EUCHARIST

Offertory Song – please refer to the music pages above in your packet

Priest:

Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.

People: Blessed be God for ever.

Priest:

Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.

People: Blessed be God for ever.

Priest:

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

People:

May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings

Priest:

Grant us, O Lord, we pray, that we may participate worthily in these mysteries, for whenever the memorial of this sacrifice is celebrated the work of our redemption is accomplished. Through Christ our Lord. **Amen.**

...The Preface and the Eucharistic Prayer follow...

THE COMMUNION RITE

The Lord's Prayer

Our Father who art in heaven hallowed be thy name, thy kingdom come thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation but deliver us from evil...

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help

of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Savior, Jesus Christ.

For the kingdom, the power, and the glory are yours now and forever.

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you; look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.

R. Amen.

The Sign of Peace

Presider: The peace of the Lord be with you always.

People: And with your spirit.

Presider: Let us offer each other the sign of peace.

The Lamb of God is sung.

Presider:

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

People:

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Act of Spiritual Communion

My Jesus,

I believe that you are present
in the Most Holy Sacrament.

I love you above all things,
and I desire to receive You into my soul.

Since I cannot at this moment
receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there
and unite myself wholly to you.

Never permit me to be separated from you. Amen.

Prayer after Communion

Priest:

Pour on us, O Lord, the Spirit of your love, and in your kindness make those you have nourished by this one heavenly Bread one in mind and heart. Through Christ our Lord.. **Amen.**

The Concluding Rites

Announcements

1. Holy Family Parish in Glendale is having another food drive on Saturday, January 30. There will be more information in our bulletin next week and on our website if you wish to participate.
2. This Monday, January 18, is a national holiday in honor of Martin Luther King, Jr. Therefore, there Mass will be at 9 a.m. On Tuesday, we will return to our normal schedule of Mass at 8 a.m.
3. Calendars are now available on the table in front of the parish office.
4. We would like to offer all of our parishioners a chance to pray together during these difficult times. So we will be having a holy hour with the Blessed Sacrament in our church on Saturday, January 30, beginning at 7 p.m. It will feature quiet time, music, communal prayer and finish with Benediction at around 8:30. Please join us in-person or by livestream and pray for all your intentions. If you want to be in the church for the holy hour, please go to our website and register through the Eventbrite app. The first 100 people who register will be allowed in.
5. In today's bulletin and at the end of the Mass packets, Fr. Roberto has a message about how we can grow spiritually even in the midst of dark times like these.

Final Blessing and Dismissal

Presider: The Lord be with you.

People: And with your spirit.

Presider: May almighty God bless you, the Father, and the Son, and the Holy Spirit.

People: Amen.

Presider: Go in peace, glorifying the Lord by your life.

People: Thanks be to God.

Closing song – please refer to the music pages above in your packet

A Message from Fr. Roberto

Growth through Dark Nights

I think we would all agree that the past year has been a dark one with the pandemic and all its impact on our world, the political chaos and divisions in our country and in our Catholic Church, the natural disasters in many parts of the world, etc. As a result, we can very understandably feel disoriented, filled with anxiety and depression. These are the kinds of times that test our faith. But they can also be times when we grow in our faith and as human beings. A friend recently sent me an article by Fr. Ron Rolheiser, OMI, a well-known Catholic priest, speaker and writer that may help us put into perspective this darkness we are experiencing and, perhaps, even help us grow through this “dark night.”

During my last years of seminary training, I attended a series of lectures given by a prominent Polish psychologist, Casmir Dabrowski, teaching at the time at the University of Alberta. He had written a number of books around a concept he called “positive disintegration”. Positive disintegration. Isn’t that an oxymoron? Isn’t disintegration the opposite of growth and happiness? It would seem not. A canon of wisdom drawn from the scriptures of all the major world religions, mystical literature, philosophy, psychology, and human experience tells us that the journey to maturity and compassion is extremely paradoxical and that mostly we grow by falling apart.

Ancient myths talk about the need sometimes to “descend into the underworld”, to live in darkness for a while, to sit in ashes so as to move to a deeper place inside of life; the mystics talk about “dark nights of the soul” as being necessary to bring about maturity; Ignatius of Loyola teaches that there is a place for both “consolation” and “desolation” in our lives; the philosopher, Karl Jaspers, suggests that the journey to full maturity demands that we sometimes journey in “the norm of night” and not just in “the norm of day”; the Jewish scriptures assure us that certain deep things can only happen to the soul when it is helpless and exposed in “the desert” or “the wilderness” and that sometimes, like Jonah, we need to be carried to some place where we’d rather not go “in the dark belly of the whale”; and, perhaps most challenging of all, we see that Jesus was only brought to full compassion through “sweating blood in Gethsemane” and then dying a humiliating death on the cross.

All of these images point to the same deep truth, sometimes in order to grow we must first fall apart, go into the dark, lose our grip on what’s normal, enter into a frightening chaos, lose our everyday securities, and be carried in pain to a place where, for all kinds of reasons, we weren’t ready to go to on our own. Why? Isn’t there a more pleasant route to maturity? James Hillman answers this with this image: The best wines have to be aged in cracked, old barrels. And so too the human soul, it mellows, takes on character, and comes to compassion only when there are real cracks, painful ones, in the body and life of the one who carries it. Our successes, he says, bring us glory, while our pain brings us character and compassion. Pain, and sometimes only pain, serves to mellow the soul.

But almost every instinct inside of us resists this wisdom. We don’t like living in tension, try at all costs to avoid pain, fear chaos, are ashamed of our humiliations, and panic when our old securities fall away and we are left in the dark, unsure of things. So our natural instinct is to get out of the darkness and tension as quickly as possible, before the pain has had its chance to mellow our souls, purify our hearts, bring us to a deeper level of maturity and compassion, and do its full purifying work within us. And, sometimes, we are helped in this escape by well-meaning therapists and spiritual directors who don’t want to see us in pain and therefore try to cure the situation rather than properly care for the soul inside the situation.

And so what we need when we are in a “dark night” isn’t the well-intentioned sympathy of a friend who wants to rescue us from the pain, but the wisdom of the mystics who tell us: When you lose your securities, when you find yourself in an emotional and spiritual free-fall, when you are in the belly of the whale, let go, detach yourself, let the pain carry you to where it needs to take you, don’t resist, rather weep, wail, cry, and put your mouth to the dust, and wait. Just wait. You are like a baby being weaned from its mother’s breast and forced to learn a new way of

nourishing yourself. Anything you do to stop what's happening will only delay the inevitable, the pain that must be gone through in order come to a new maturity.