

The Spiritual Corner

Yvonne Tso, spiritual companion/director and member of the Health & Wellness Team



Behind our house is a pond with a fountain. On days when it is sunny and I look at the fountain from a certain angle, there is a rainbow in that fountain! I am surprised every time, because I don't know exactly what angle to look from, and so I don't know exactly **when** I will see the rainbow.

Seeing a rainbow so close fills me with delight and wonder. It lifts my spirit. There is something about the light and the colors that catch me up short and make me smile every time, even if I've seen the rainbow already that day.

According to scripture, the rainbow is a sign of God's promise to all of creation that God would never again send a flood to destroy all of the earth (GENESIS 9:8-17). God loves God's creation (including us humans) so much. Even though humankind had broken God's heart before the flood, God decided not to give up on us. That gives me hope and for me, the rainbow is a sign of hope.

The mystic Julian of Norwich (1342-1416) lived during the time of "The Black Death," when the bubonic plague ravaged England killing nearly 1/3 of the country's population and maybe even 1/2 of Norwich. Her signs of hope came through her dreams/visions, and she recorded them in her book Revelations of Divine Love. (By the way, she is credited as the first woman to write a book in the English language). Hope for her is summed up in her famous quote:

"All shall be well, and all shall be well and all manner of thing shall be well."

Julian of Norwich

What about you? God communicates with each of us in a way that is unique to each of us. Has God sent any signs of hope your way? I hope you will take some time to reflect on this. Feel free to send me any results of your reflections. God always amazes in how God "shows up"!



Yvonne Tso, spiritual companion/director and member of the Health & Wellness Team

Questions? Contact Yvonne at: YLTSO22@gmail.com