Journey to Resurrection
Caught in dysfunctional life patterns.
Twisted ways of coping.
Ancient chains of reaction.
All learned early in life,
At a young age.
Familiar, safe, and comfortable,
And no more.

Stuck in stagnated scenarios of habit.
Repetitive and going nowhere.
Yearning to try a new path.
One that breathes new life.
And offers freedom from what was.
One that moves beyond,
And much more.

It costs everything.
A giving over of self.
Perception of betrayal and complete surrender,
Surrounded by friends,
In an evening Garden.
A Gethsemane struggle to change,
And something more?

The final letting go.
The last breath releasing control.
Feeling lifeless and empty.
A silent and Soulful stillness.
Then, arising from deep within,
The emerging of a new Self.
A Resurrection and so much more!
(by Sr. Barb Krakora)