



If in the
twilight of
memory we
should meet
once more,
we shall
speak again
together and
you shall sing
to me a
deeper song.

Khalil Gibran
(1883 - 1931)
Poet

Memory is complex. It exists or doesn't with few predictable patterns. It can be foggy or crystal clear. Some of our memories stir strong and delightful feelings – the recollection of achievement or love. Other memories re-stir trauma and suffering. As we age, memory can disappear or unexpectedly, vividly emerge. Both sadly and sweetly, memory enlivens grief.

Remembering can be creative. Memory shapes new moments of growth. In recalling our past, we have our original moment, and by seeing that moment through our current experience, we fashion a new one. We perceive things freshly; we understand things differently. We create novel meaning that can unearth new emotions and insight. Memory re-makes our present.

Remembering can be protective. Memory allows us to preserve cherished things and to access needed things. Memory secures feelings and relationships in stories and so reduces further loss. Memory guards our past pathways of growth. Hard won wisdom is sheltered for our awareness, retrievable for use as we face new circumstances. Memory safely stores our history.

Remembering can be connective. Memory links us to those we love. We remember the saints in our lives – those who have shown us love and those who have furthered our healing. In our remembering, we extend the richness of ongoing relationship. For those no longer with us in body, memory is the medium for continued friendship. Memory's touch is not limited to the physical.

Memory builds new ties with old ribbons.

What cherished persons do I remember today? How do they continue to enrich my life?