

VIGIL Script for April 9, 2021  
By Karen Wyatt MD

1. Introduction:

Today is the 9<sup>th</sup> day of April 2021. On the ninth of each month, communities are invited to hold space for reflection on life, death, and transformation and so I invite you to join me in a vigil this day and on the ninth day of each coming month.

Today we come together, as the changes of Spring begin to blossom around us, to hold space for all of the unwanted and unexpected change that has been part of our lives for the past year. We have been thrust into the chaos of sudden change and tossed about over and over again with no clear vision of where change was taking us and no idea when the changes would slow down. We have lost much that we used to value and still struggle to accept that we cannot return to the past that we cherished. We have also gained new routines, new knowledge, new humility—but even the positive changes have pushed us into uncertainty. We have been exhausted by change, upon change, upon change—endless change with little time to rest and adapt. But today we seek the stillness at the center of change, the wisdom of change that can help us cope as we continue our journey through strange and difficult times.

2. Focus intention with 3 deep breaths

3. Blessing for Lighting the Candle

As we light this candle  
we illuminate the dark spaces where our fear of change resides. We find  
comfort and resilience knowing the light always returns to us and always  
shows us the way forward.

4. Poem:

by Ginny Yurich  
From the trees I learned  
That growth isn't orderly.  
Under the surface  
Roots thrust out in ways

That are chaotic and untidy,  
But they produce the solid foundation  
For a lifetime of growth.

From the chick,  
The butterfly and the frog,  
I learned that change is possible,  
Even the kind of change  
That renders us unrecognizable.

And from the garden I learned  
That at the end of harvest  
When all looks bleak, even dead,  
There remains an undercurrent  
Of new possibilities.  
We can look a little deeper and find  
There are always things that thrive  
Even in the harshest of conditions.

## 5. Reflection

Today we recognize the impact that overwhelming change has had on our lives for the past year. In prior times we were able to adapt to the natural changes that occur on our planet: when one season folds into another, when the moon waxes and wanes, when babies grow into adults, when oceans ebb and flow. But this year hit us like a tidal wave: tumbling us randomly through the surf where we couldn't catch a single breath, then crashing us onto the shore—numb, shocked, and in despair. We haven't recovered from the changes yet because they haven't stopped coming.

Change has always been tricky for us humans. Our survival brains prefer routine, safety, familiarity and they reject the need for change. Some of us have been outraged even by changes that hold the promise of something better in the future, while clinging to a more solid and inflexible past. Some of us are open to change in certain amounts but have been crushed by the sheer volume of change that has affected our home life, work, relationships, community, rituals, entertainment, social life, connectedness. These changes have been too much ... and yet more change is likely on the way. We need

to find a framework for change that helps us navigate it and “thrive even in the harshest conditions” as Ginny Yurich’s poem said.

Author Barbara Kingsolver wrote: “The changes we dread most may contain our salvation.” A new mindset for change is that it contains “an undercurrent of new possibilities” which is the salvation we actually seek.

Alan Watts wrote: “The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

And from Lao Tzu we have learned: “Life is a series of natural and spontaneous changes. Don’t resist them — that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.”

This year life has chosen to flow in a tumultuous and disruptive pattern of endless change. Yet we recognize that we have been given a unique opportunity to grow and transcend if we can dance and move with this flow. The challenge we face is to allow ourselves to change inwardly so that we can cope with all of the uncontrollable change around us. We welcome—as the poem said—“Even the kind of change that renders us unrecognizable.”

We are here at precisely this moment in history to become someone new—to become our true selves and to bring our light into the world so that others can find illumination, peace and meaning in change as well. We are here because we were made for this time from the very beginning. The changes of the past year are simply shaping us into who we have always been meant to be.

## 6. Introduction for silent contemplation

As we now contemplate how to utilize the pain of unexpected change in our lives to become our best selves, we open our minds and hearts to be filled with even more love and light. We hold our fear and change fatigue in one hand and the brilliant all-encompassing light of love in the other hand. Placing our hands together over our hearts we envision that love has the power to transform our fear and fatigue into energy and inspiration for our growth. We hold space here for all who have been beaten down by the tidal

wave of change. From the love that shines in our hearts we light the way for them to find a smoother journey through their own life changes.

Breathing in we fill our hearts with the light of love, breathing out we radiate this light in every direction, to anyone who needs it at this time.

Continue breathing love in and out for as long as you like as you pray or meditate.

7. Music and time for silent contemplation

8. Benediction

Having come together in this vigil for coping with change we now prepare to return to our daily lives. Repeat after me:

I recognize that change isn't always orderly or rational.

I understand that growth cannot occur without change and that life flows with its own necessary changes.

I look up from the bleakness and devastation of this year of change.

I can see that there are possibilities everywhere.

I choose to allow myself to be changed, from the inside out.

I choose to gather more light and love into my life so that I can cope with changes that are yet to come.

I choose to flow and dance and thrive through change.

I will share this light within me so that others can learn to dance through their dark times.