



In the Celtic wheel of the year, Spring Equinox (“equal night”) is also known as “Ostara.” This fertility festival marks the time when light and dark are equally balanced, inviting us to acknowledge and honor the need for balance in ourselves. It is a time to plant seeds for what we want to see come to fruition; to nurture and bloom. Symbols of new beginnings associated with Ostara include the fertility of rabbits and eggs, as well as fruits, flowers and buds, which ripen and grow with increasing light. According to John 15:2, *“A branch that bears fruit, bears the weight and the joy of sharing its gifts with Creation.”*

### Reflection: A Celtic Moment by Joyce Rupp

In the milking of cows and tending the hearth,  
in threading the loom and gathering the peat,  
the breath of prayer blessing each movement,  
a naming of Creator upon each mindful deed.

Not in our kindom of busyness,  
not in our land of lost simplicity,  
yet the Celtic grace of looking deeply  
and the Celtic faith of believing fully  
lives on enduringly within each of us,  
beseeching our beholding.

Like the unceasing prayer of Celts,  
an ancient call to gather the ordinary,  
savor the sacrament that lies within,  
bless whatever life offers to us  
in the routine, the mindless, the duty,  
the cherished, the surprising, the serene.

Let our open gaze fall faithfully  
over a stretch of hurried days,  
see among their swiftly moving pieces  
a story threaded with touch of Divine.



Celtic moment, Soul moment, Sacred moment,  
in simple task or thin veil of mystery,  
whatever our day brings we can bless,  
whatever our lives hold we can reverence.

Gather all to our soul:  
the silent sparkle of untamed moments,  
the hurried haze of endless duty,  
the silky joy of surprising experience,  
the shadowed grasp of unwanted pain.  
Recover the lost cloak  
of Celtic rhyme and Celtic rhythm,  
put on the rich garment.

## Reflection Questions

- ❖ What has germinated in you during winter's darkness?
- ❖ What do you hope to nurture into bloom during the coming season of light?
- ❖ How is your flowering prompting you to share with and nurture others?
- ❖ What can you bless today in a "simple task" or in the "thin veil of mystery?"



**Praise Song for Ostara** from *Circle of the Seasons* by Lisa Thiel

Listen and watch on YouTube: [https://www.youtube.com/watch?v=0K1hNDHVs\\_c](https://www.youtube.com/watch?v=0K1hNDHVs_c)

Read lyrics: <http://www.songlyrics.com/lisa-thiel/ostara-lyrics/>.

## Let's Hold in Prayer

We are mindful that the Lenten season is underway, which is closely connected to nature's seasonal rhythms. In fact, the word "Lent" comes from an Old English word for "lengthen," and refers to the gradual lengthening of light. As we witness the horror and atrocities of Ukraine under siege with more people having been forcibly displaced from their homes than at any time since World War II, the suffering of homelessness, addiction and persistent racism, the ecological crisis and ongoing Pandemic hardships, let's pray as we journey hopefully toward light and peace.

Please add your own intention(s)...

Click here for more information about Mercy by the Sea's [Celtic Prayer Circle](#).