

Moment of Awe

Radical Amazement

"The water in your body contains primordial hydrogen formed in the first seconds of the Big Bang. The carbon atoms that formed you came together after the explosion of a supernova. The concentration of salt in your body matches the concentration of salt in the ancient seas. Your cells are direct descendants of unicellular organisms that developed billions of years ago. You see because chlorophyll molecules mutated, so that like plant leaves, your eyes can capture the light from the sun. And in your mother's womb your tiny body repeated the whole process of multi-cellular life on earth, beginning with a single cell, and then developing greater and greater complexity. Our bodies express all the history of life on this planet. That history is also the history of every mountain, every river, every ocean, every pond and every millimeter of rock and soil. In our bodies flows the knowledge of an entire planet, an entire solar system, and the universe. Each one of us, no matter what species we are, no matter how small we are in the vast scope of creation, is a marvel, fashioned patiently and lovingly by the Holy Energy we call God."



Divine Creator, how astounded we are to know how carefully and creatively you have fashioned us. Your patient tending began so long ago and continues in this very moment. Truly we are blessed. Help us to grow in awareness of how we are part of the Body of Creation, how we are connected to all that has been, all that is, all that will be. Help us to be conscious of Life, to understand how significant our role is, and to participate in your work by becoming co-creators with you. May we make choices that reflect care for our home in the universe, allowing your love to be expressed everywhere and to all. Amen.

~ (Judy Cannato, *Radical Amazement*, 65)