Rev's Reflections

Imbolc

We live near the edge of an amazingly wide time zone. I grew up in Southern New England, and didn't comprehend that fact until we arrived in Ohio at the height of summer, where it got dark at 10PM. It was great! Until winter approached, and I found myself waking up in the dark for three solid months.

Cleveland's position relative to the human-made time zone lines taught me about seasonal affective disorder, appropriately shortened to "SAD." I learned firsthand that if we could all arrange our lives around our biological clocks and the sun, the world might be very different. It might be the way it was before clocks and standardized time!

As we approach the midway point between the Winter Solstice and the Spring Equinox, I am aware of how much the light is changing and how much I am affected by that change. I feel like I'm coming back to life after three long, dark months.

This time is called Imbolc or St. Brigid's Day in the Gaelic tradition. Poet Caroline Mellor calls this a time of hope, potential and promise, "the kindling breath which transforms the flicker of inspiration in your creative core into a blazing torch."

I don't know about you, but right now, I could stand to feel like a blazing torch of inspiration. That's why I am so glad we'll be celebrating Imbolc after the service on Sunday, out in the back yard, with food, hot drinks and rituals to inspire your spirit and connection to the changing seasons.

In fact, several times a year, at the halfway points between equinoxes and solstices, we'll be celebrating with "Wünder Revels." These celebrations are one way of bringing the curiosity and connectedness of the Wünder Academy of Metamorphosis into our congregational life all year long.

Whatever your age, we hope you'll join the fun.

In Peace,
Rev Denis