

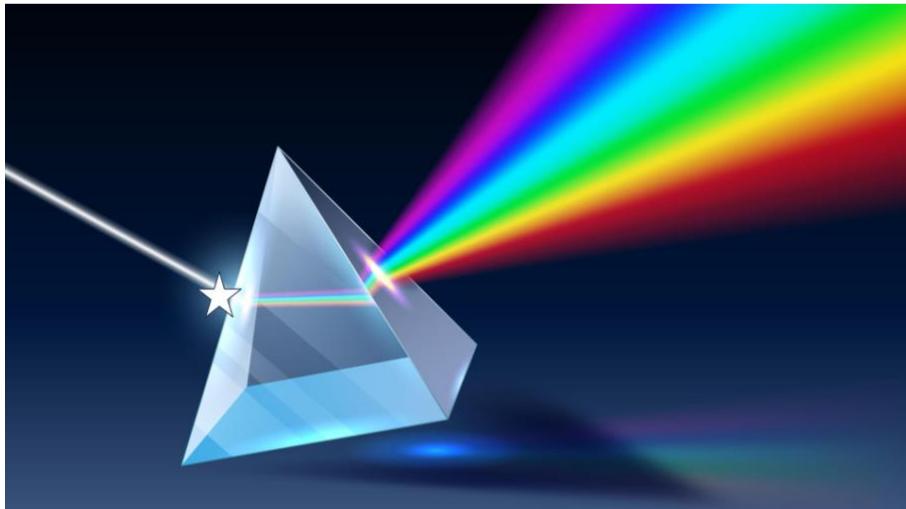
Silence Speaks

Cultivating The Inner Life



Caretakers Observation of Lent

Wednesday, February 18, 2026



The Nature and Expression of Light of Christ is experienced and lived differently according to one's nature as God has designed it.

Traditional Christianity teaches that Lent is a time of repenting for our “sins.” Let’s call that the bright green refracted light. In Contemplative Christianity we will be the red bottom light. Why? With respect to Lent and sin, we have causal (not casual) approach.

Sin is an effect. Ignorance is the cause.

You see, sin is an activity of taking us away from the Light, the Good. **Sin is an effect. It's cause is ignorance** (1) of our true nature as sons of God, (2) and misunderstanding of the principles of life that bring us to our full potential - spiritual metaphysics. When it is said that Jesus came to redeem us from our sins, the Contemplative Perspective also states that He came to teach Truth. And us knowing and living His Truth would free us from the ignorance that begets sin. Therefore, in this way, He freed us from sin.

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Remember that it was His teaching that angered the religious authorities of His time and they used Roman Law to have Him executed; for His teachings!

So, this Lent, I propose for this Caretaker Group to do penance and self depriving sacrifice, if that seems right, but also spend time **giving life** to the teachings that caused His death, ultimately freeing us from sin, at the **root cause**. Remember that our mission is to live in His Light and to perpetuate His Light. This is done through invigorating His Teachings through Lexio Divina/contemplation, which strengthens the "thought form" of His Message. St. Theresa of Avila summed up the purpose of Caretakers in this spiritual poem: **This is our job description!**

Christ has no body but yours, no hands, no feet on earth but yours,
Yours are the eyes with which He looks compassion on this world,
Yours are the feet with which He walks to do Good,
Yours are the hands with which he blesses All the world.
Yours are the hands, Yours are the feet, Yours are the eyes,
You are His Body. Christ has no body now but yours,
No hands, no feet on earth but yours, Yours are the eyes with which He looks
Compassion on this world. Christ has no body now on earth but yours.

We will give Life and Light to His Teachings that liberated us from sin. I will send one Teaching every other day for 20 days until Lent has concluded in Holy Week with the Resurrection of Christ and all who abide the instruction "Come Follow Me."

The first Teaching(s) to be contemplated: (paraphrase)

There is only One. We are united in the One God.

Separation is a somewhat toxic illusion as expressed in the Contemplative Christian Teachings - Unitive Teachings - of Thomas Keating. These Unitive Teachings are also articulated in the writings of the Carmelite saints, Theresa of Avila and John of the Cross.

"I and the Father are One, and as I am One with the Father, you are as One with Me, and we (all) abide in the Father."

Only Love, Jerry