

Contemplation for Adult Forum on October 28th

Meister Eckhart (1260-1327), a German friar, priest, mystic, and renowned preacher, was also an administrator—prior, vicar, and provincial—for his Dominican Order.

Eckhart taught the simple power of letting go and letting be. To let go is no easy task. But in any loving relationship, as we see in the Trinity, such a surrendering of unneeded boundaries is the source of joy.

Eckhart puts it this way:

. . . the Father laughs

and gives birth to the Son.

The Son laughs back at the Father

and gives birth to the Spirit.

The whole Trinity laughs

and gives birth to us.

Meister Eckhart, Meditations with Meister Eckhart, trans. and ed. Matthew Fox (Bear and Company: 1983), 129.

See more here: <https://cac.org/meister-eckhart-part-1-2017-09-28/>