

BREATHING

BREATHE - RESPIRA

Breathe—Respira
NEWSLETTER

Volume 1, Issue 2

The Epiphany

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On January 6th, Christians from various traditions celebrate the feast of the Epiphany. Most of us from Latin Countries are very familiar with the feast which is usually referred to "The Day of the Three (Wise) Kings" (El día de los Reyes Magos). Perhaps you might not be aware that on this day, children receive more gifts than on Christmas day! The feast day is in remembrance of the day that three wise astronomers came from the Orient followed a bright star and found Joseph, Mary, and the new born King: Jesus. They brought Jesus very precious gifts from afar. And they keep doing the same thing until this day, bringing gifts to children, the ones who reflect more clearly the face of Jesus and God.

Now, this event is more than gifts for children. It is also a day

to share bread together. We eat "La Rosca de Reyes" and search for the hidden baby Jesus in the pieces of bread. And if you don't already know, whomever gets the baby has to throw a party on February 2nd,



which is another feast day for Christians: The day of Lights (El día de la Candelaria). You might be getting a deeper meaning now, on the feast of the Epiphany, we celebrate the coming of the "Light". And

because the wise men are coming from the Orient, meaning that they were not Jewish, it means that the Light of Jesus is for all nations and all of humanity. Therefore the revelation is that God is not a God of just one people, or one nation, or one gender, or even of one religion. But God is

"To you, who are at the beginning of the path of life, I ask: have you thought about the talents that God has given you? Have you thought about how to put them to the service of others? Do not bury the talents! Bet on high ideals, ideals that enlarge the heart, those ideals of service that will make your talents be fruitful".

Pope Francis (4/24/13)

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God of all! Just as Pope Francis just stated: “I believe in a God of all, not only in a Catholic God” (paraphrase).

The word “epiphany” literally means according to the Merriam-Webster dictionary: “a moment in which you suddenly see or understand something in a new or very clear way”. Yes, it is what William James, a psychologist from the early 1900’s called, a characteristic of an authentic religious/spiritual experience. It is also known as a “noetic” moment or experience.

In those moments that are given freely to all who are open and have eyes to see, one “*perceives the essential nature or meaning of something*” as another definition of the word states. It is also “*an illuminating realization*”, a “*manifestation of the Divine*”, and “*a revealing scene or moment*”. Now meditate in those phrases for a moment. Have you had those moments? Have you ever experienced an “epiphany”.

In other wisdom traditions, this moment or experience is also known as “awakening” or “enlightenment”. You are never the same after such experience. And

remember, the experience is more a gift than an achievement. In fact, you cannot produce such experience, it is given freely. We call it Grace.

In this New Year, may you and your loved ones have many of those moments. May you experience an epiphany in your lives that will enhance the meaning of who you are and what you are here for. May the veil of our eyes be removed so we may have a “revelation” of the true nature of God and the Divine. Hopefully, we will find guided by a Star in our deepest Truest Self, and in the reality of all creation, the face of God manifested as a vulnerable gentle baby: the Light of the World for all!



JANUARY 2014

Jan. 11

Salt Lake City, Utah

Congar Institute—Pastoral Lay
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Jan. 16-18

Salt Lake City, Utah

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Jan. 23-25

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events at Holy Trinity Church, San
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