

# John Updike, from "January"

The days are short,  
The sun a spark  
Hung thin between  
The dark and dark

# Wendell Berry

To go into the dark with a light is to know the light.

To know the dark, go dark...

Go without sight, and find that the Dark, too, blooms and sings, and is traveled by dark feet and dark wings.

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TODAY I  
WILL LIVE  
IN THE  
MOMENT.



UNLESS THE MOMENT IS UNPLEASANT,  
IN WHICH CASE I WILL EAT A COOKIE.

# St. John of the Cross (1542-1591)



# Teresa of Avila (1515-1582)



# El Greco's Painting of the Monastery in Toledo in Which John Was Held Captive in 1577 - 1578, for 9 Months



# *Mirabai Starr, Caravan of No Despair*

With reticence at first and then courage, I dared to grieve my child . . . I practiced turning toward [a feeling that I did not think that I could survive] . . . Abiding with what is . . . I sat with that . . . I did this as an act of devotion [for my daughter] . . . saying yes to the mystery, expressing my ongoing love for her.” . . . Showing up for a devastating loss was an act of love; it wasn’t trying to be spiritual. I knew that it was all about love; it was all that I could do.







# Rumi

Some nights stay up until dawn,  
as the moon sometimes does for the  
sun.

Be a full bucket pulled up the dark way  
of a well,  
then lifted out into the light.

# Valerie Kaur

Breath. Labor. Push. What if this darkness is not the darkness of the tomb but the darkness of the womb? What if our America is not dead but a country waiting to be born? What if the story of America is one long labor? What if all of our grandfathers and grandmothers are standing behind us now, those who survived occupation and genocide, slavery and Jim Crow, detentions and political assault? What if they are whispering in our ear tonight, "You are brave." What if this is our nation's great transition? Breath. Labor. Push.

# Greta Thunberg

I started reading about the climate crisis when I was maybe 9 years old. In school, my teachers, they told me about it.

I became very depressed. I fell into depression. And I—I mean, I didn't—I didn't think that it was—I was so depressed, I didn't see any point of living, because everything was just so wrong.

Father: She stopped eating, stopped talking. And she fell out of school and stayed at home for almost a year.

# “School strike for the climate”



# 2019, Geneva



# At fifteen, she addressed the U.N. plenary in 2018:

The year 2078, I will celebrate my 75th birthday. If I have children, maybe they will spend that day with me. Maybe they will ask me about you. Maybe they will ask why you didn't do anything while there still was time to act. You say you love your children above all else, and yet you are stealing their future in front of their very eyes.

Until you start focusing on what needs to be done, rather than what is politically possible, there is no hope. We cannot solve a crisis without treating it as a crisis. We need to keep the fossil fuels in the ground, and we need to focus on equity. And if solutions within the system are so impossible to find, then maybe we should change the system itself.

2019: At the UN: To world leaders:  
“How dare you . . .”





# Rilke

One moment your life is a stone in you, and the next, a star.

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I love the dark hours of my being.  
My mind deepens into them.  
There I can find, as in old letters,  
the days of my life, already lived,  
and held like a legend, and understood.

Then the knowing comes: I can open  
to another life that's wide and timeless.

# Hafiz

I wish I could show you  
When you are lonely or in the  
darkness  
The Astonishing Light  
Of your own Being