

## VIEW FROM THE HEIGHTS November 2022

Greetings,

Julian of Norwich is one of the greatest spiritual writers of our faith. She lived from 1342-@1416, spending the last 25 years of her life as an anchoress – walled into a hermitage attached to St. Julian’s Church in Norwich.

The life of an anchorite sounds grim. (To say nothing of claustrophobic!) But Julian used her seclusion, and her freedom from traditional women’s work to focus on God. Her book, *The Revelations of Divine Love*, is one of the greatest texts ever written on the spiritual life. It is also the earliest surviving English-language work written by a woman.

In an era when male theologians were writing about God’s anger and judgement, Julian preached and penned the *Good News* of God’s love. She wrote:

*“For as the body is clad in the cloth, and the flesh in the skin, and the bones in the flesh, and the heart in the whole, so are we, soul and body, clad in the Goodness of God. ...*

*For truly our Lover desireth that our soul cleave to Him with all its might, and that we be evermore cleaving to His Goodness.”*

In contemporary English: God enfolds us with goodness and love. God’s greatest wish is that we hang on tight to this goodness and love.

From her small, stone haven, Julian frequently meditated on thankfulness. She did not give thanks for “things”. Instead, her gratitude was experienced as a continual awareness of God’s goodness, “*a true, inward knowing.*”<sup>i</sup> At times, this deeply felt gratitude became overwhelming as she realized, “*the sheer wonder of being alive, being loved, being liberated from sin, being blessed by God. Indeed, of simply being.*”<sup>ii</sup>

Wishing you a November graced with a “true, inward, knowing” of God’s goodness and love. And a Thanksgiving that overwhelms you with the sheer wonder of God’s blessings.

Brenda

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<sup>i</sup> Veronica Mary Wolf, “Julian’s Prayer of Thanksgiving”

<sup>ii</sup> *ibid*