

SUFFERING IS A MYSTERY

BY Donald Koepke
Director
CLH Center for Spirituality and Aging

Suffering is a mystery

- It is debilitating and yet life-giving
- It tunnels the vision and yet widens the heart
- It is an experience of evil and darkness and yet brings of hope and light.

Suffering is a mystery

- In spite of our drive to know and understand it
- No matter how we try to manage and control it
- Or deny it or run from it.

Suffering is a mystery

- As is a reality of life, and of death
- As the fear of despair drives us to integrity
- And the experience of illness points us toward health.

Suffering is a mystery.

- You don't explain a mystery, you embrace it
learn from it
grow in it
and even change because of it.

Suffering is a mystery

- It comes even though it is seldom sought
- Even though it brings pain that can survive the years
- It is a part of life that drives us deeper, further.

Suffering is a mystery.

- Something that will never be totally explained
- Yet can be fully experienced....
...As life comes out of death and
newness evolves from grief.

Suffering is a mystery

- It is close to us, yet beyond us
- It focuses on what is and beckons to what is yet to be
- It is as near as our experience and
yet is transcendent and more.

Suffering is a mystery

- For when everything is said and done
when the tears are shed
the pains experienced
there remains a mystery,
an experience that has stretched our beliefs
and challenged our values
and strangely revealed a new day,
a new life, within us.

Yes, Suffering is, and remains,

- a mystery of growing,
- a mystery of life.

Suffering is a Mystery



CENTER FOR SPIRITUALITY
AND AGING

891 South Walnut Street Anaheim, California 92802
"Let the Spirit Soar" www.spiritualityandaging.org
A Program of California Lutheran Homes *and Community Services*

Copyright 2008 California Lutheran Homes
Permission to reprint for personal or classroom use
Is granted courtesy of California Lutheran Homes

By Donald R. Koepke
Director
Center for Spirituality and Aging
A Program of California Lutheran Homes
www.spiritualityandaging.org