

## Emmaus Online Video Prayer And Meditation Library



### Experiencing Transitions - Reflections With Joyce Rupp

#### Thematic Index

This video series offers insight and wisdom on the nature and impact of change and transitions in our lives, and the struggles and blessings we experience in each transition that we face.

These inspirational reflections and poems by Joyce Rupp are supported with images, music, quiet reflection and prayer.

Episode	Theme	Poem
Crossing the Bridges of Life	<p>As much as we might want our lives to remain as they are, they never do. Life involves change. Each change can serve as a means for us to become more fully the loving person that we are.</p> <p><i>(Joyce Rupp)</i></p>	<p><b><i>Crossing Over</i></b>            (Out of the Ordinary, Ave Maria Press)</p>
The Ache of Autumn In Us	<p>When we go through a transition, sometimes we cannot keep what we have valued. We say goodbye to what we long to keep. It's like losing a part of ourselves. When painful transitions come and we lose what we hold dear, we can feel as empty as an oak tree stripped of its foliage.</p> <p><i>(Joyce Rupp)</i></p>	<p><b><i>The Ache of Autumn In Us</i></b>            (Praying Our Goodbyes, Ave Maria Press)</p>
Grief Has Come To My Home	<p>It is impossible for us to hurry off grief... We have to wait for the loss to settle in our soul and for grief to lose its emotional strength in us. When we accept this natural response to loss and grief, we will have more emotional and mental energy to move towards healing.</p> <p><i>(Joyce Rupp)</i></p>	<p><b><i>Grief Has Come To My Home</i></b>            (My Soul Feels Lean, Sorin Books)</p>

<p>Trusting Our Inner Resilience</p>	<p>We can learn about inner strength and resilience when we look at others who have faced great hardship in their lives and have endured in love and with joy. Nature too has an inner resilience... In reflecting on nature, we can find the inner hope and strength to endure the low ebbs and dry hard seasons in our lives. <i>(Joyce Rupp)</i></p>	<p><b><i>Legacy of Endurance</i></b> (Fly While You Still Have Wings, Sorin Books)</p>
<p>The Tidal Pattern of Prayer</p>	<p>When we experience challenging transitions, these unwanted changes inevitably affect how we pray. The gift of prayer contains a natural flow much like the sea... The general movement of our lives with its ups and downs, is bound to affect how we experience prayer. <i>(Joyce Rupp)</i></p>	<p><b><i>The Tidal Pattern of Prayer</i></b> (Prayer, Orbis Books)</p>
<p>Letting Go of Regrets</p>	<p>It can take a long time to let go of regrets, especially when we hold things against ourselves. At some point we need to forgive ourselves for what we have failed to do or did do. We can learn from self-recriminations ... Regrets can enable us to grow. <i>(Joyce Rupp)</i></p>	<p><b><i>The Hungry Lion</i></b> (Fly While You Still Have Wings, Sorin Books)</p>
<p>Seeking Shelter In The Storms of Life</p>	<p>In painful transitions we seek out refuge from the difficulties and pain. The Holy One is there for us... we only need to choose to recognise and accept the presence of this Divine haven. <i>(Joyce Rupp)</i></p>	<p><b><i>Leaning On God</i></b> (May I Have This Dance? Ave Maria Press)</p>

Releasing What Holds Us Back	Holding on to hurt and anger hardens our hearts. Only by releasing hurt and anger can we find inner freedom and peace. It takes time to let go ... <i>(Joyce Rupp)</i>	<b><i>Leaf By Leaf</i></b> (The Star in My Heart, Sorin Books)
Recovering Hope	Hard transitions leave us wondering if we will ever hear the song in our hearts again. The endless process of moving from loss to hope is much like a butterfly being formed in a cocoon... If we give ourselves over to the process and remember our Divine Companion is with us, we will step forward with a hopeful spirit. <i>(Joyce Rupp)</i>	<b><i>I Have Been Entombed</i></b> (Fresh Bread, Ave Maria Press)
A Deepening Sense of Communion	The interior and exterior movements of loss, of leaving behind and letting go, provide opportunities for personal transformation. Each transition encourages aspects that have waited to come alive in us, to rise up like green shoots. The deeper we can live from our truest self, the more we will experience a oneness with all life...the Sacred Presence of Divinity will claim our heart as never before. <i>(Joyce Rupp)</i>	<b><i>The Cosmic Tree of Life</i></b> (The Cosmic Dance, Orbis)

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