

Remembrance | Returning to Dust

After the first humans sinned, God reminded them that they were created from the dust of the earth and would someday return to dust. This claim reminds us of our mortality and finitude. In his letter to the Christians in Rome, Paul writes that “If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.” He may have written these words from prison, knowing that his own death was near.

In this station, you will reflect on the losses you have experienced in your life. You will also think about what the world will lose when your life comes to an end. This reflection is not meant to be morbid or depressing. Just the opposite, it comforts us by reminding us that our lost loved ones belong to Jesus in death. It encourages us to remember that we belong to Jesus now, in life.

- On one side of the strip of paper, list those you’ve loved and lost.
- On the other side, briefly write what others will lose in you when they lose you. Offer a prayer thanking and celebrating God’s life in all of them and in you; allow God to remind you of how all life belongs to God.
- Touch the paper to the candle flame and let it burn into ash, a reminder that all of us return to the dust from which we came.
- As you feel and remember the losses in your life, may you also feel and remember the warmth and light of God’s love which holds all our lives, including our loss, our pain, and our memories.
- Sit in quiet reflection as long as you wish.