

# One Dark Night, Fired by Love's Urgent Longing

Day 6

## Beauty and Love...

Day 6 of our pilgrimage dawned with a sense of anticipation as we prepared to delve deeper into the heart of St John of the Cross's spiritual legacy. After enjoying a nourishing breakfast, we embarked on a leisurely walk to Toledo, immersing ourselves in the beauty of the city's ancient streets and breathtaking vistas.

Our journey led us to the Church of St. Teresa's Fifth Foundation, where we gathered for Mass. Fr Matt's talk afterwards touched our souls as he reflected on the intertwining themes of beauty and love, twin attributes of God, emerging from the darkness of St. John's experience in the prison of Toledo. His words resonated deeply, reminding us of the transformative power of faith and the enduring presence of divine grace in even the darkest of moments.

Following Mass, we had the opportunity to explore the enchanting city of Toledo at our own pace. Some of us visited the majestic cathedral, while others wandered through the narrow streets, discovering hidden gems such as the Santa Maria Jewish Synagogue, the Franciscan's San Juan monastery and the beautiful painting of the famous El Greco at the Church of St Thomas.

*Sayings 175: Knowing How to Suffer for Christ*  
*What does anyone know who doesn't know how to suffer for Christ*



### Sayings of Light and Love

*Sayings 87 and 92*

Crucified inwardly and outwardly with Christ, you will live in this life with fullness and satisfaction of soul and possess your soul in patience.

Let Christ crucified be enough for you, and with him suffer and take your rest, and hence annihilate yourself in all inward and outward things.



*Be still and know that I am God*



## *Journey to freedom...*

In the afternoon, we gathered once more at Plaza Zocodover to retrace St. John of the Cross's escape path in reverse order, culminating at the window of his miraculous escape. Walking in his footsteps filled us with a sense of awe and reverence, as we reflected on the courage and faith that guided him to freedom, and the darkness that gave birth to his magnificent poems.

As the day drew to a close, we returned to our accommodations for a meditation led by Dr. Susan. Focusing on the word "Renounce," she shared poignant quotes from St. John of the Cross's "Sayings of Light and Love," inviting us to contemplate the importance of letting go and surrendering to divine will.

A time of questions and answers with Fr Matt provided further insights and reflections, deepening our understanding of the spiritual journey we had embarked upon.

The day concluded with a closing prayer and then dinner. As we retired to our rooms to pack up for the journey ahead, we carried with us the memories and lessons of our pilgrimage, ready to return home with hearts full and spirits renewed.

