



Buen Camino

Newsletter of Fr. Michael Fish, OSB. CAM

The vowels among the consonants

When I was young, my parents would take us, on special occasions, to a smorgasbord restaurant. Long rows of tables, each staffed by a waiter, offering gourmet meats, fish, vegetables, cheeses, salads, relishes and, naturally, ending with desserts.

I remember always returning to the table with one, or, at the most two, selections from one of the tables on my plate, whereas almost everyone else arrived with plates filled with a variety of servings. As soon as I had finished my portion, a waiter would whisk my plate away and invite me to return to the buffet line. Gladly I obliged, working my way, piecemeal, down the line of tables.

All of March month is Lent, a time when the Church offers a gourmet smorgasbord of carefully selected, interconnected Scripture readings for daily Liturgy, a rich diet. I would like to suggest, just for the month of March, we follow my “young” example and just choose a small portion each day from what is presented. I have always felt, especially with Scripture, less is more. One of the attractive aspects of Taizé, in France, where I once made a week’s retreat, is their tradition of exceptionally brief Scripture readings for Liturgy. Always light and refreshing.

I know Lent has already begun and continues into April, however, like the Camino or the smorgasbord, it’s not how much, but rather, a little done well. For March, then, as a Lenten practice, read what seems to draw you and, as Helen Luke was fond of saying, “Look for the vowels among the consonants.” Look for the word or phrase which seems to jump out at you and stay with it as your “vaticum,” food for the journey of that day. Then, in the evening, look over the smorgasbord of the day, search for the vowel of the day, the moment in the day when the Divine broke through. Those two vowels, one from Scripture and one from your day, will be

more than enough nourishment, you won’t even require a clean plate.

Blessings,

Michael

P.S. After much experimentation, I personally subscribe to *Give Us This Day*, daily liturgical readings out of St. John’s Collegeville – Benedictine, tastefully presented including the Saint of the day, traditional as well as contemporary holy women and men, as well as an excellent commentary on the three daily scripture passages.

I spoke to Give Us This Day and they have made a limited number of March copies available to us. If you would like a free copy please email randy@hermitfish.com with your mailing address and we’ll try and get a copy to you as long as the supply lasts.

Such Stuff as Dreams are Made On (excerpt)

I realized that the vowels of language are the sounds that are not interrupted by consonants. They are the pure sound of the breath, “the central sound of a syllable.” The word is derived from the Latin “vox” – the voice itself. Consonants are sounds that accompany, “sound with,” the vowels. Therefore I look for the “central sounds” of life, the meanings, the unblocked sounds... as they came to me day by day.

HELEN M. LUKE

Creative and logistical support for Michael, his *Buen Camino* newsletter and HermitFish.com website are provided by Enigma | LA, enigmala.com

Michael News

Two trips to the Hermitage this month for Michael. The first is for all of the monks in the area to come together, and, in addition to community sharing and discussions, elect delegates for the upcoming General Chapter (occurring every six years), which will take place in November.

The second visit will be for the Visitation by two monks from Italy, which also occurs every six years. These monks will interview each member of the community and write a report which will be presented at the General Chapter.

‘Compassion’ Lenten retreat

Compassion, Michael’s Holy Week retreat, is featured in his Audio Retreat Library. Michael’s entire library of audio retreats is available online 24/7, via a \$15/month subscription – 13 retreats, 65 talks, over 70 hours of pure Michael wisdom and inspiration. Visit:

<https://hermitfish.com/about-the-audio-library>

Thanks for your support

Michael is grateful to everyone for your continued prayers, good wishes and support. Donations to Hermit Fish, Michael’s 501(c)(3) nonprofit, are fully tax deductible. Gifts of any size are greatly appreciated. FID: 82-2489475

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Levante 2 Video Retreats

MAR 23-29 | Home Retreat • Online
APR 20-26 | Home Retreat • Online

Levante 2 information:
<https://hermitfish.com/levante-2-schedule>

Levante 1 Video Retreats

MAR 2-8 | Home Retreat • Online
APR 20-26 | Home Retreat • Online

Levante 1 information:
<https://hermitfish.com/levante-1-retreat-houses>