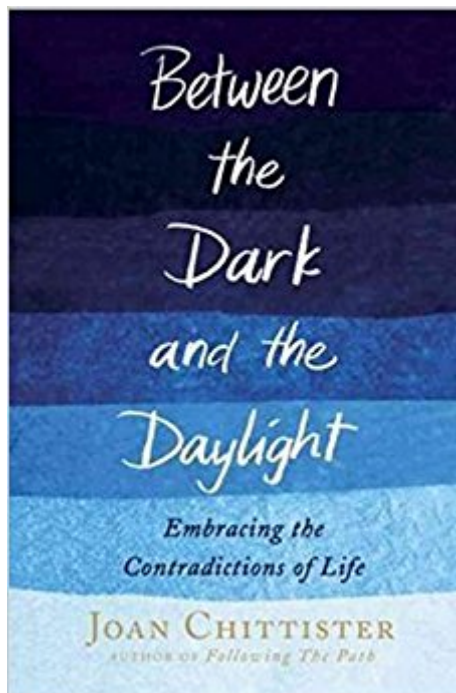




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# Between The Dark And The Daylight: Embracing The Contradictions Of Life



## Synopsis

“There is a part of the soul that stirs at night, in the dark and soundless times of day, when our defenses are down and our daylight distractions no longer serve to protect us from ourselves,” writes beloved author, Joan Chittister. “It’s then, in the still of life, when we least expect it, that questions emerge from the damp murkiness of our inner underworld. [These questions do not call for the discovery of data; they call for the contemplation of possibility.]” In words as wise as they are inspiring, *Between the Dark and the Daylight* explores the concerns of modern life, of the overworked mind and hurting heart. These are the paradoxical “and often frustrating” moments when our lives feel at odds with everything around us. “Only by embracing the contradictions,” Chittister contends, “may we live well amid stress, withstand emotional storms, and satisfy our yearnings for something transcendent and real. By delving into the chaos, this book guides us through the questions that seemed easier to avoid and enlightens what has been out of focus.” With her signature elegance, wit, and spirit, the bestselling author of *The Gift of Years* and *Following the Path* opens our eyes and hearts in these times of confusion. With simple and poignant meditations, *Between the Dark and the Daylight* reveals how we can better understand ourselves, one another, and God.

## Book Information

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## Customer Reviews

“... Publishers Weekly” One of the most well-known and trusted contemporary spiritual authors has tackled a significant topic that will speak to seekers of all faiths. Benedictine nun Chittister (*The Gift of Years*) posits that contradictions, paradoxes, and ambiguities all play an important role in the life

of the spirit, although it is not always apparent. Since the dawn of humanity people have sought peace and contentment. But the same obstacles that plagued humanity thousands of years ago are still wreaking havoc on human psyches and spirits. How to navigate the treacherous waters of the unknown and the seemingly nonsensical? It is in darkness, chaos, and insecurity, the author insists, that people find the most spiritual fruit. Risk is an important factor in any life, because security is a mirage. Personal and professional achievements are fleeting, and being certain about anything in life will only lead to disappointment. Chittister's beautifully crafted short reflections are salve for the soul and an antidote to the apathy, depression, and obsession with material goods that beset so many."

• Here, at last, is a book for those ready to make peace with the unsolvable riddles of present-day life. Why are we so lonely in a world of so little privacy? Why do we work so hard for control we can never achieve? Whether the problem that keeps you up at night is how to find safety in a world that is always changing or how to deal with guilt in a life that is far from perfect, Sister Joan has good news for you: these are the questions that make you human, and can make you more joyously human if you choose.

• -Barbara Brown Taylor, author of *Learning to Walk in the Dark*"The great spiritual writers knew that truth can be found most often in paradoxes and contradictions. To find light you must go through darkness. To seek knowledge you must admit that you know little. To live you must die to self. Joan Chittister's new book explores the meaning of some of the most profound spiritual paradoxes and, in the process, helps the reader find her or his way to new life. Sister Joan has long been one of my favorite spiritual writers, and with this new book she has given us more of her trademark common sense, insight and wisdom."

-James Martin, SJ, author of *Jesus: A Pilgrimage* "As always, Joan has put her finger and her pen to the right and needed words. She well describes those liminal spaces wherein human beings best grow and become their best selves. She could never describe them so well if she had not walked through them herself."

-Richard Rohr, OFM, Founder of Center for Action and Contemplation and author of *Falling Upward*"This little tome is an alarm clock for the spiritual journey. It wakes the reader up to the fact that our life journey is unique for each of us, yet we are twined together in the presence of God in every moment. Joan brings her years of faithful monasticism to open up the painful contradictions of our time: Wake up! The time is NOW!"

-Simone Campbell, SSS, Executive Director of NETWORK, author of *A Nun on the Bus*"Joan Chittister has written what promises to be a spiritual classic--a guide for those of us who have ever spent sleepless nights wrestling with our own frustrations, fear of the unknown and pain of loss and separation. Through the wisdom of a woman who has experienced all of these, we learn how doubt can lead to greater clarity, hopelessness to new life and solitude to deeper connection. In

short, how the paradoxes that confound life can transform it. This the most poetic writing yet from a woman who is a modern prophet." -Judith Valente, author of *Atchison Blue* and correspondent for Religion & Ethics Newsweekly on PBS-TV "This book could be life-changing for many." Joan Chittister highlights the paradoxes and contradictions of life, things that we experience as obstacles, as life-denying, such as loss, confusion, doubt, failure, emptiness, exhaustion, and shows convincingly "the strength of the book lies here" how each one offers an opportunity for fuller growth. Turning the pages we maybe perceive how much of our life we fail to live, how many opportunities we waste. It is my hope that this book will reach a vast number of people experiencing the pain and splendour of being human. They will be enlightened and comforted. • -Ruth Burrows, OCD, author of *Essence of Prayer* "In a one-word nutshell, life is best defined as a conundrum. Every high flees the hot pursuit of a low; certainties emerge from the shadows of doubt; endings are invitations to new beginnings. In this beautiful book, Joan Chittister focuses her discerning eye upon these conundrums. Turning the pages is like turning a kaleidoscope of insight because it helps us to see, admire, and appreciate the infinite colors and shapes of life. At times, *Between the Dark and the Daylight* sparkles with ageless wisdom; at other times it glows like the quiet embers of a best friend's advice. This is a book to which you will return over and over and, each time you do, you will discover new treasures of optimism." -Maura Poston Zagrans, author of *Camerado, I Give You My Hand* "Chittister has earned her place as one of the illuminators of our age." -Chicago Tribune "Between the Dark and the Daylight" by Joan Chittister reveals her passion as a meaning-maker who keeps on asking the right questions and sharing her grace-filled epiphanies with us." -Spirituality and Practice "It is profound truths which Chittister explores in this book, and for the most she does so superbly." -Carl McColman, *A Contemplative Faith* "Joan Chittister's *Between the Dark and the Daylight: Embracing the Contradictions of Life* is a hymn to spiritual stature." -Bruce Epperly, *Living a Holy Adventure* "[This book] is a powerful, modern proclamation of the potential and possibilities for present day seekers for living a wise, good, compassionate, just, balanced life in communion with God and humanity." -Chuck Queen, *Faith Forward*

JOAN CHITTISTER is an internationally known author and lecturer, and the executive director of Benetvision, a resource and research center for contemporary spirituality. She is past president of the Conference of American Benedictine Prioresses and the Leadership Conference of Women Religious. Her books include *The Gift of Years*, *The Breath of the Soul*, *Called to Question*, and *Following the Path*. She is a member of the Benedictine Sisters of Erie, Pennsylvania.

Our Pink Smoke Circle selected this book for sharing faith. As with so many of Joan Chittister's writings, her words connect with experiences of the reader and become launching pads for nourishing reflections, Paradox is the door that opens to us as we age. BETWEEN THE DARK AND THE DAYLIGHT plunges us into the lifetime sea of paradoxes,

Finding God in the struggle and in the darkness of our world is the big challenge for each of us working in the world of the poor. Joan Chittister helps us in this book to find our way in the darkness.

I loved this book! Really opens up the concept of finding God in different ways and that there are many paths to God and we can all learn from each other.. Also addresses the anxieties and fears we all face in life and how we can learn to relax and live in the moment and know that God is always with us - not just there to grant out wishes or solve our problems.

For my BFF - she likes this author.

Beautifully written prose that captured and held my attention. Her spiritual insight goes far beyond what one might think of any one religion and represents a depth and awareness that is often sorely lacking in today's context of spirituality.

The short chapters on life experiences are helpful in giving a positive and hopeful look at possibilities in the midst of "dark" and difficult times that we all have at one time or another.

It is rare that a book slows the world around you as you read. It calms the soul.

As always, Chittister's words are both an ringing alarm and a hope-filled balm to the soul. Outstanding. One to read and read and read once more.

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