

Donal's Mystical Morning- Roisin

Last week Donal, after a busy day at school and choir rehearsal came bursting through the kitchen door to tell me something “awesome” had happened that morning at school.

He attends an all-boys school and early on Thursday mornings they run ten laps of the pitch, the aim being to run a marathon over several weeks. That particular morning dark clouds had descended and overall it was the beginning of a dull, wet, cold day. Donal began the run; however mid way through he felt tired and lacked motivation and just as he was beginning to feel defeat, something beautiful happened.

He said the sun shone on him and brightened up his path ahead. He got a huge sense of freedom, feeling immediately energised, and began to run faster than he had before. He noticed a sense of enormous space around him and although the pitch was surrounded by four walls he told me “the walls disappeared” and he could see fields spreading out for miles all around. He continued, with big bright eyes and enthusiasm, to describe everything in detail, the beauty in everything around him, the sun, the fields, the immense bright colours, the way the light fell on him as he ran, the dark shade of footprints in the ground and above all, about the feeling of immense freedom and energy within. He said he got a feeling inside of “something really big” and said, “.... then I knewI met God on the astro pitch this morning”!

When the run was over the boys changed their shoes before making their way into class and at that point Donal said he lingered and found himself sitting happily by himself on a pile of school bags at the side of the pitch. As he sat in the presence and stillness of the morning he saw little puffs of smoke coming out of a nearby chimney and noticed how it “made ripples” in the air as if to paint a picture in the morning sky especially for him. After many minutes there he realised it was time to join the class and with a sense of sheer delight in his heart he went inside knowing something “awesome” had happened that morning.