

# Quiet Space for Reflection

5-12-20

**Practice of Presence:** While seated in a quiet place, feet on the floor, hands in lap, eyes closed, take 3 slow, intentional deep cleansing breaths. Make sure you are not holding tension in your shoulders.

**Lectio Divina:** Sacred reading

**Read silently:** Reflect on your reading.

**Read aloud:** Respond silently to yourself, or say your thoughts aloud to someone with you, or e-mail your thoughts to our group to share.

**Rest in your reflections:** Re-read the passage again to affirm what it has to say to you.

## **First Reading:**

For most of us healing is more like coming to some sort of terms with our wounds and disabilities, rather than simply being able to be rid of them. Wholeness is more often about the integration of all that we are than about getting rid of things. Becoming a perfect specimen of humanity is not the overriding purpose of life. Being generous with what we are is. But you cannot give what you have not yet accepted.

Most of us need help with this at some stage. This is not because we are emotionally scarred or handicapped in any obvious way (though perhaps more of us are than realize it). It is that the commonly accepted notion of normality – conformism, not rocking the boat, not taking any chances, not speaking out of turn, etc. – stunts our capacity to be the loving and creative people God invites us to be. It is as if inside our adult bodies we are still children at school who have had drummed into us that there is a proper kind of person to be and a proper way to do things, and that if you step out of line there will be trouble. But God's personal calling to you will always involve risk-taking and stepping out of line. ~ Francis Dewar, *Invitations, God's Calling for Everyone*

## **Second Reading:**

Healing is really a very limited idea. It only deals with cause and effect. It has little art to it. It does not focus on my ability to dance and move, my ability to visualize, or the creativity of the force behind the symptom.

We all fear our symptoms and want to heal them. We go to all kinds of healers, not realizing that our worst problem is not the sickness, but that we are hypnotized by culture into believing that what we experience is bad and has to be repressed and healed instead of lived and loved. ~ Arnold and Amy Mindell, *Riding the Horse Backwards*

## **Prayer in Closing:**

Jesus our brother, you followed the necessary path and were broken on our behalf. May we neither cling to our pain where it is futile, nor refuse to embrace the cost when it is required of us; that in losing our selves for your sake, we may be brought to new life. ~ Janet Morley, *All Desires Known*

## **Music Meditation**

<http://fpcburlington.org/wp-content/uploads/2020/05/PACHELBELS-CANON.m4a>