

Quiet Space for Reflection

5-5-20

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.

Lectio Divina (sacred reading)

Read silently (reflect)

Read aloud (then, 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 (perhaps re-read the passage again to affirm what it has to say to you)

First Reading:

“The practice of paying attention is as simple as looking twice at people and things you might just as easily ignore. To see takes time like having a friend takes time. It is as simple as turning off the television to learn the song of a single bird. Paying attention requires no equipment, no special clothes, no greens fees or personal trainers. You do not even have to be in particularly good shape. All you need is a body on this earth, willing to notice where it is, trusting that even something as small as a hazelnut can become an altar in this world.” ~ Barbara Brown Taylor, *An Altar in the World*

Second reading:

“God does not explain why there is suffering – God suffers alongside us.

God does not explain why there is sorrow – God became the sorrowful one.

God does not explain why there is humiliation – God practices self-emptying love.

We are no longer alone in our vast loneliness – God is with us.

We are no longer in solitude, but rather in solidarity.

The arguments from reason are silenced.

It is the heart that speaks. It tells of a God who does not ask questions but who speaks.

It tells of a God who does not ask questions, but who acts, who does not offer explanations, but lives out an answer. ~ Leonardo Boff, *The Path to Hope*

Guided Breath Meditation (5 minutes) by Denise DeForest Pastoor. Hover your cursor over the site, press “control” & left click at the same time, and it will open.

<https://www.facebook.com/denise.pastoor/videos/10216263185069352/>