

Quiet Space for Reflection

June 2, 2020

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 to yourself (respond silently to yourself, or say your thoughts aloud to someone with you, or e-mail them to our group to share.)

Rest in your reflections (perhaps re-read the passage again to affirm what it has to say to you. Do any particular parts of this reading speak to you?)

First Reading:

“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. ~ Henri Nouwen

Second reading:

“I believe the church is called to the slow and difficult work of healing. We are called to enter into one another’s pain, anoint it as holy, and stick around no matter the outcome.

The thing about healing, as opposed to curing, is that it is relational. It takes time. It is inefficient, like a meandering river. Rarely does healing follow a straight or well-lit path. Rarely does it conform to our expectations or resolve in a timely manner. Walking with someone through grief, or through the process of reconciliation, requires patience, presence, and a willingness to wander, to take the scenic route.

Ultimately, an anointing is an acknowledgment. It’s a way to speak to someone who is suffering, and without words or platitudes or empty solutions, say, this is a big deal, this matters, I’m here.”

~ Rachel Held Evans, Searching for Sunday

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/>