

Quiet Space for Reflection

June 9, 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.

First Reading:

The House of God stretches from one corner of the universe to the other. Sea monsters and ostriches live in it, along with people who pray languages I do not speak, whose names I will never know. I am not in charge of this House, and never will be. I have no say about who is in and who is out. I do not get to make the rules.

I am a guest here, charged with serving other guests – even those who present themselves as my enemies. I am allowed to resist them, but as long as I trust in one God who made us all, I cannot act as if they are no kin to me. There is only one House. Human beings will either learn to live in it together or we will not survive to hear its sigh of relief when our numbered days are done.

It is wisdom we need to live together in this world. Wisdom is not gained by *knowing* what is right. Wisdom is gained by *practicing* what is right, and noticing what happens when that practice succeeds and when it fails. Wise people do not have to be certain what they believe before they act. They are free to act, trusting that the practice itself will teach them what they need to know. If you are not sure what to believe about your neighbor's faith, then the best way to find out is to practice eating supper together. Reason can only work with the experience available to it. Wisdom atrophies if it is not walked on a regular basis. ~ Barbara Brown Taylor, *An Altar in the World*

Second reading:

“When you live in God, your day begins when you open your eyes though you have done nothing yourself to open them, and you take your first breath though there is no reason why this life-giving breeze would be given to you and not to some other. In the dark or in the light, with a stone slab under your back or a feather topper, your day begins when you let God hold you because you do not have the slightest idea how to hold yourself – when you let God raise you up, when you consent to rest to show you get the point, since that is the last thing you would do if you were running the show yourself. When you live in God, your day begins when you lose yourself long enough for God to find you, and when God finds you, to lose yourself again in praise.” ~ Barbara Brown Taylor, *An Altar in the World*

Guided Breath Meditation (5 minutes) by Denise 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/>