

# Quiet Space for Reflection

August 11, 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** A sacred reading adding intentional meditation on the words as one reads

**Read silently** (reflect)

**Read aloud to yourself** (then, 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:**

*Loneliness is one of the most universal sources of human suffering today. When we have no project to finish, no friend to visit, no book to read, no television to watch . . . and when we are left all alone by ourselves we are brought so close to the revelation of our basic human aloneness and are so afraid of experiencing an all-pervasive sense of loneliness that we will do anything to get busy again and continue the game which makes us believe that everything is fine after all.*

*To live a spiritual life, we must first find the courage to enter the desert of our loneliness and to change it by gentle and persistent efforts into a garden of solitude. This requires not only courage but also a strong faith. The movement from loneliness to solitude, however, is the beginning of any spiritual life because it is the movement from the restless senses to the restful spirit. In solitude we can pay careful attention to the world and search for an honest response.*

*The movement from loneliness to solitude is a movement that allows us to perceive interruptions as occasions for a conversion of heart, which makes our responsibilities a vocation instead of a burden, and which creates the inner space where a compassionate solidarity with our fellow human beings becomes possible.*

~ **Henri Nouwen, *Reaching Out: Three Movements of the Spiritual Life***

## **Second reading:**

*Be strong and of good courage.* ~ **Joshua 1:6, The Holy Bible**

## **Music for Meditation:**



CIRRUS - DEBBIE  
DANBROOK.m4a