

Quiet Space for Reflection

August 4, 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 (re-read the passage again to affirm what it has to say to you)

Reading for the day:

In Thornton Wilder's Pulitzer Prize winning play, *Our Town*, Wilder underscores the blessedness of everyday living. Emily, one of the play's actors, has died in childbirth and asks for the privilege of going back to see life one last time. She wants to re-live her 12th birthday. She is painfully startled to realize that people don't recognize how short and sacred life is. She pleads her case, but no one can hear her – except us. As Emily says, "Oh earth, you are too wonderful for anyone to realize you. Did any human beings ever realize life (and how wonderful it is) while they live it? Every, every minute."

So many people seem to treat their faith as if it were an artificial limb that they strap on each day. Though it helps them stumble along, it never really becomes a part of them. Whatever happened to that holy wonder, that appetite for the sacred? Have we grown blind to the sacredness of everyday things and of everyday people?

The Bible is first-hand story of goose bump courage in very ordinary people invaded by the living God. And amidst all the difficulties of modern-day living, the story continues today. The great ones today are ordinary folk who have opened their lives up to a new dimension and who do not simply tolerate difficulties but lean into them.

Life is difficult. There is no way to get around it. We need to remind ourselves of it each day. Hence it requires that we have something or Someone within us to encounter the mishaps and transcend them. I simply believe that there is a mystery of the ordinary, that the commonplace is full of wonder, and that this life that we call Christian is different from what we think it is. It is infinitely more subtle, more powerful, more dangerous, more magnificent, more exciting, more humorous, more delicious, more adventurous, more involved, and more troublesome than most of us think. Through Christ, each of us is capable of an almost unbounded courage of compassion, and that to live fully this life that God has given us, no matter what circumstances may be, can be a rare and ennobling experience.

~ Tim Hansel, from *You Gotta Keep Dancin'*

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/>