

Quiet Space for Reflection

June 23, 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:

“I need the Eucharist because I need to begin each week with open hands.
I need the Eucharist because I need to practice letting go and letting in.”
~ Rachel Held Evans, *Searching for Sunday*.

“The English word *companion* is derived from the Latin *com* (“with”) and *panis* (“bread”).” ~ Rachel Marie Stone, *Eat with Joy: Redeeming God’s Gift of Food*

“A Companion, therefore is someone with whom you share your bread. By eating with the poor, the despised, the sick, the sinners, the outcasts, and the unclean, Jesus was saying. ‘These are my companions. These are my friends.’ The table teaches us that faith isn’t about being right or good or in agreement. Faith is about feeding and being fed.” ~ Rachel Held Evans, *Searching for Sunday*

“No one has been ‘worthy’ to receive communion. No one has been prepared for it. At this point all merits, all righteousness all devotions disappear and dissolve. Life comes again to us as Gift, a free and divine gift . . . Everything is free, nothing is due and yet all is given. And, therefore, the greatest humility and obedience is to accept the gift, to say yes – in joy and gratitude.”
~ Alexander Schmemmann, *For the Life of the World*

Second Reading:

“It is as we learn, not just to accept, but to receive – and as it were to welcome – all that is and all that happens, that we begin to discover how we ourselves might become gifts to others.” ~ Francis Dewar, *Invitations: God’s Calling for Everyone*

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/>