

Quiet Space for Reflection

5-19-20

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. Make sure you are not holding tension in your shoulders.

Lectio Divina: Sacred reading

Read silently: Reflect on your reading.

Read aloud: Respond silently to yourself, or say your thoughts aloud to someone with you, or e-mail your thoughts to our group to share.

Rest in your reflections: Re-read the passage again to affirm what it has to say to you.

First Reading:

“We cannot give that which we have not received.” ~ Paul Tournier. “I like to think of that remark as not so much about transactions as attitudes. To become generous, giving, fruitful people we need first to learn to receive, to receive *everything* as gift, the world and all that is in it, the people we encounter, our personal history, our inmost nature and character, our wounds and disasters, as well as our joys and capabilities. 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 for others.”

~ Francis Dewar, *Invitations: God’s Calling for Everyone*

Second Reading:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine as children do . . . And as we let our own light shine, we unconsciously give other people permission to do the same. ~ Marianne Williamson

Music Meditation: Click on music attachment for *Beautiful Mind*, close your eyes, and enjoy!

<http://fpcburlington.org/wp-content/uploads/2020/05/BEAUTIFUL-MIND.m4a>