

Quiet Space for Reflection

November 10, 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)

Reading for the Day:

“If anyone asked me to define an artist or a prophet, I think that I would say that he is the one who dares to act on the bold belief that he has a word to speak that would be healing if it could be heard. Actually, all human beings way down deep hold this belief about themselves. The sorrow is that except for rare moments most of us are overcome by forces of disbelief. In time we cease to remember that our lives are for the greening of the earth and the greening of one another. We lose sight of the work we are to do, but the truth of it is hidden away in us, and makes *call* supremely important, lifting up as it does the healing dimension of true vocation.” ~ Elizabeth O’Connor, *Cry Pain, Cry Hope*

As Joyce Grenfell said, “If you can only get it quite clear about being an instrument for joy to play through, then all is taken care of.” ~ Peri Aston, solo theatre artist, in *Christian* (1994/3)

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/>