

Quiet Space for Reflection

October 13 2020

- 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:

“The ultimate purpose of emptiness, then is to make room. Room for what? Room for God, the religious would say. But since God means so many things to different people, . . . I prefer generally to say that emptiness makes room for the Other. What is the Other? It can be virtually anything: a tale from a strange culture, the different, the unexpected, the new, the better. Most important, for community, the Other is the Stranger, the other person. We cannot even let the other person into our hearts or minds unless we empty ourselves. We can truly listen to him or truly hear her only out of emptiness.”

~ M. Scott Peck, *The Different Drum*

Second reading:

“Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”

~ *Ephesians 4:32-5:2*

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/>