

Quiet Space for Reflection

December 22, 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: **THE DECREE** by Ann Weems from her book *Kneeling in Bethlehem*

And in these days a decree goes out to all the world,

For these are taxing times.

We are all called again to go to Bethlehem,
no matter the state of our health or our world.

We come, obedient and faithful,
for we have heard the message,
we have dreamed the dream
that God will come to dwell among us.

We come, expectant with joy,
pregnant with anticipation,
for God has done great things for us.

We come, searching for a sign;
bearing our gifts, we come.

We come, called from the silent hillsides of our hearts,
startled and frightened by the magnitude of light,
we huddle together toward Bethlehem.

We come, one by one,
and yet, as one,
dancing into the Promise.

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/>