

Quiet Space for Reflection

September 27, 2022

Practice of Presence: While seated in a quiet place, feet on the floor, hands in lap, eyes closed, take three slow, deep cleansing inhales and exhales.

Lectio Divina: A sacred reading adding intentional meditation on the words as one reads.

Read silently: Reflect on your reading.

Read aloud: Reflect once more on your words and what they reveal to you.

Rest in your reflections:

Reading for the Day:

“In Christian tradition, truth is not a concept that “works” but an incarnation that lives. The “Word” our knowledge seeks is not a verbal construct but a reality in history and the flesh. Christian tradition understands truth to be embodied in personal terms, the terms of one who said, “I am the way, and the truth, and the life.” (John 14:6). An education shaped by Christian spirituality draws us toward incarnate and personal truth. In this education we come to know the world not simply as an objectified system of empirical objects in logical connection with each other, but as an organic body of personal relations and responses, a living and evolving community of creativity and compassion. It means being drawn into personal responsiveness and accountability to each other and the world of which we are a part.” - Parker Palmer, *To Know As We Are Known*

Guided Breath Meditation by Denise Pastor. (5 minutes in length)
<https://www.facebook.com/denise.pastoor/videos/10216263185069352/>