

Quiet Space for Reflection

September 6, 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 a world that victimizes us by its compulsions, we are called to solitude where we can struggle . . . and let our new self be born in the loving encounter with Jesus Christ. It is in this solitude that we become compassionate people, deeply aware of the solidarity of our brokenness with all humanity and ready to reach out to anyone in need. – Henri Nouwen, The Desert Counsel to Flee the World, *Sojourners*, June 1980, 18.

As we continue our journey, we eventually come to the place where stillness and action intersect and become one – for the true contemplative is a person of action. Likewise, those committed to utilizing all their possibilities to serve Christ in the world must come from the place of stillness. – Tim Hansel, Holt Sweat

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