

Inside Your Heart by Ruth Fazel

Inside Your heart, there's a place to go.
Inside Your heart, where there is rest.
Inside Your heart there's a place to stay,
Inside Your heart, where there is rest.

Deep inside I will hide,
Holy God, hold me there!

Inside Your heart there's a place to live,
Inside Your heart, where there is rest.
Inside Your heart there's a place to grow,
Inside Your heart, where there is rest

Inside Your heart there's a place to love,
Inside Your heart, where there is rest.
Inside Your heart there's a place to serve,
Inside Your heart, where there is rest.



Mindfulness and the Holy Spirit



Our prayer is characterized
by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.
God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

Thank You For Joining Us!

Prayer Leader:

Ginny Schiros
4/12/2016

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To Ponder: Mindfulness and the Holy Spirit from Living Buddha, Living Christ by Thich Nhat Hanh

A year ago in Florence, a Catholic priest told me he was interested in learning more about Buddhism. I asked him to share with me his understanding of the Holy Spirit and he replied, "The Holy Spirit is the energy sent by God." His statement made me happy. It confirmed my feeling that the safest way to approach the Trinity is through the door of the Holy Spirit. In Buddhism, our effort is to practice mindfulness in each moment—to know what is going on within and all around us. When the Buddha was asked, "Sir, what do you and your monks practice?" he replied, "We sit, we walk, and we eat." The questioner continued, "But sir, everyone sits, walks, and eats," and the Buddha told him, "When we sit, we *know* we are sitting. When we walk, we *know* we are walking. When we eat, we *know* we are eating." Most of the time we are lost in the past or carried away by future projects and concerns. When we are mindful, touching deeply the present moment, we can see and listen deeply, and the fruits of this mindfulness are always understanding, acceptance, love, and the desire to relieve suffering and bring joy....To me mindfulness is very much like the Holy Spirit. Both are agents of healing. When you have mindfulness, you have love and understanding, you see more deeply and you can heal the wounds in your own mind. The Buddha was called the King of healers. In the Bible, when someone touches Christ, he or she is healed. It is not just touching a cloth that brings about a miracle. When you touch deep understanding and love, you are healed. The Holy Spirit descended on Jesus and he revealed the manifestation of the Holy Spirit. He healed whatever he touched. I told the priest that I felt that all of us also have the seed of the Holy Spirit in us, the capacity of healing, transforming, and loving. When we touch that seed, we are able to touch God the Father and God the Son.

Reading: Radiating Christ by Cardinal Newman

Dear Jesus,
help us to spread your fragrance everywhere we go.
Flood our souls with your spirit and life.
Penetrate and possess our whole being so utterly that
our lives may only be a radiance of yours.
Shine through us, and be so in us,
that every soul we come in contact with
may feel your presence in our soul.
Let them look up and see no longer us but only Jesus!
Stay with us, and then we shall begin to shine as you shine;
so to shine as to be a light to others; the light of Jesus,
will be all from you, none of it will be ours;
it will be you, shining on others through us.
Let us thus praise you in the way you love best
By shining on those around us.
Let us preach you without preaching,
not by words but by our example,
by the catching force,
The sympathetic influence of what we do.
The evident fullness of the love our hearts bear to you.
Amen

A daily prayer used by late Mother Teresa
and by the Sisters of the Missionaries of Charity



Sharing...
a word...
a phrase...
a reflection...