

"The Journey Home" by Sarah Brightman

The journey home is never too long
Your heart arrives before the train
The journey home is never too long
Some yesterdays always remain

I'm going back to where my heart was light
When my pillow was a ship, I sailed through the night

The journey home is never too long
When open hearts are waiting there
The journey home is never too long
There's room to love and room to spare

I want to feel the way that I did then
And think my wishes through before I wish again

Not every boat you come across is one you have to take
Sometimes standing still can be the best move you ever make

The journey home is never too long
Home helps to heal the deepest pain
The journey home is never too long
Your heart arrives before the train



Coming home to your soul



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 May Schiros
8/11/15

Centering Space:

14812 Lake Ave | Lakewood
www.centeringspace.org
216.228.7451
centeringspace@srsfcharity.org

To Ponder: from Dr. Judith Rich 5/2/12 Rx For The Soul

"We are God's beloved. Let us make our home in the heart of God's love." ~ Rev. Vicki Kemper

"Where your treasure is, there will your heart be also." Matthew 6:21

Some people say we live in a "soulless" world, or they refer to a place as "having no soul." What does it mean to have "no soul"? How do you know if you're in the presence of soul, be it in a place, in a person or even in a thing?

We could look upon everything in the world as either having that ineffable quality we call "soul" or missing whatever it is we think of as soul. But what does it mean to have soul? And how do you know if you're in its presence?

The very first time I ever walked into the house that is now my home, I knew I had found, at long last, my soul's home. Its bones spoke to me and welcomed me home after a very long journey in search of the place where my soul could find peace.

But what is it about a place, person or thing that endows it with soul? Soul is not defined as an object or a "thing," nor are we assigning any religious connotation to the word. Rather, we speak of soul as a quality of expression that touches our deepest relationship to the very essence of the "thing" itself.

The soul allows no shortcuts. It knows the way from A to Z, but along the path there is also the journey through B, C, and D, all the way to Z, and the soul is not about to miss any of it. As egos, we want the quick fix. We want the pain to stop. We think that if we can shorten the path and get to our destination sooner, we'll be ahead of the game.

But the soul has come to discover it is the journey, not the destination that counts. The soul already knows the destination. The soul knows the way home, and it knows when it encounters a thing, a place, or a person that emits that mysterious quality that resonates with, or vibrates the same vibration as home.

Reading: Psalm 6 - adapted by Nan Merrill

O my Beloved, though I have turned from You,
continue to enfold me with your love;
Be gracious to me, Heart of my Heart,
for I am sad and weary.
Surround me with your healing Light,
that my body, soul, and mind might heal.
How long must I wait, oh Love?

I open the door of my heart to You, My Beloved,
enter in and fill me with your steadfast love.
I shall remember you all my days;
I shall sing praises to You throughout the nights.

I am tired of so many fears; I cry myself to sleep at night,
while grief and feelings of guilt cloud my eyes with tears.
All my doubts, my fears, are creating walls
so that I know not love.

Depart from me, you enemies of wholeness,
for the Beloved is aware of my cry;
Love has heard my prayer,
and hastens to answer my call.
Though my fears are running for cover,
yet they shall be forgiven by Love;
illusions that lived in the ego,
can now turn to the Light.
I will know peace as I return Home.

Sharing...

a word...

a phrase...

a reflection...