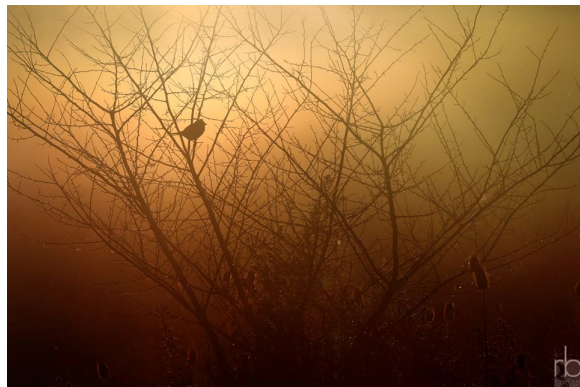


*To Ponder: Brother Dave Steindl-Rast*

*Gratefulness, the Heart of Prayer*

Just as we cannot leave contemplation to contemplatives, we cannot leave mysticism to mystics. It would mean cutting off the roots of human life. By putting mystics on a pedestal in our mind, high, out of reach, we don't do justice to them, nor to ourselves either. Paraphrasing what Ruskin said about being an artist, we could say: a mystic is not a special kind of human being; rather, every human being is a special kind of mystic. I might just as well rise to this challenge and become that unique, irreplaceable mystic that only I can become. There never was and never will be anyone exactly like me. If I fail to experience God in my own unique way, that experience will forever remain in the shadow land of possibility. But if I do, I will know life by the divine life within me."



*Prayer: Bruce Sanguin: If Darwin Prayed*

Releasing into Grace

You, O Holy One,  
are the cathedral of love,  
inviting us to enter and rest  
in the sacred space  
of your being.

You are the evolutionary urge  
sending us out beyond the safety of the sanctuary  
into the world  
to know you  
in and as our own becoming.

You are the measure of our lives,  
causing us to know the distance  
between our small gestures of love  
and the extravagance that is our destiny.

You are the soothing voice reminding us  
that you are the lover,  
and that we have loved enough.\*

We release  
into the grace of being and becoming,  
knowing that you are the nameless one  
within both. Amen

\* With thanks to Leonard Cohen

*Sharing...*

*a word...*

*a phrase...*

*a reflection...*