

To Ponder

Hit the Restart Button

An excerpt from Amy Call's near death experience talk

What changed with me? Everything changed.

When I prayed it became a prayer that I am always in. It isn't like I am saying, God please help me while I am speaking. It's not like that. It is a constant prayer. I am in that oneness with what God is. My intention stays with me all the time. I am holding that basic prayer of, "Let me walk in the highest will because I know the highest will is the best way for the highest joy and happiness." It has become an unceasing prayer.

I did end up leaving my religion. That was hard because the religion was a very strong community. Coming back into it made it feel like I was putting on clothes that were too small for me. I couldn't fit inside certain limitations. It was bigger than that for me.

My eating changed, I ate very purely, very simply. My mind was a less acidic environment as I began to have joy and trust. I left my political way. I wasn't calling myself this category or that. I started getting rid of stuff. I wanted space to be open and free.

Something that I carry with me when I am having a hard time – I still have emotions and get cranky – I have this understanding that we can "die" anytime. We can let go. We can start over. And it is totally ok. We do not have to carry this stuff. It is a relief for me to know I do not have to carry all of the things I have done in the past.

I can push restart. I can start again. That has made things be lighter for me.

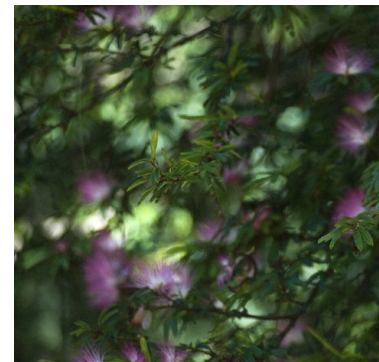
I don't have the feeling that I have to believe in something. It is almost beside the point for me now. If they ask, 'Do you believe in the Church?' It's seems like you just said, 'Do you believe in sandwiches?' I don't need to believe in things. I just need to BE. Before I was trying to be perfect all the time. There were so many things I was trying to BE and DO. Coming back from my NDE I just want to be LOVE and be PEACE. It became much more simple.

Reading

The Prayer of St. Francis

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be
consoled as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal life.



Sharing...

a word...

a phrase...

a reflection...

Song

New Day by Avalon

[Chorus]
It's a new day
Oh, it's a new time
And there's a new way
I'm gonna live my life
All the old has, passed away
And the new has come
Thank God, It's a brand new day

Lookin' back on yesterday
There are things that I regret
But I put the past behind me
And I never will forget
You have covered my mistakes
And my broken dreams
Now over the horizon
I see the dawn is drawing near
And I realize the sun did rise
Tomorrow's finally here

[Chorus]

Now when I wake up thinkin'
'Bout the things I've done before
Memories I could not escape
Well they can't haunt me anymore
Now I can hold my head up high
'Cause I am not the same
You've changed my whole
perspective
And with new eyes I see
I've become a new creation
'Cause of what You've done for
me

[Chorus]

[Bridge]
'Cause of what You've done for
me
No, I am not ashamed
This heart of mine is finally free
I'll never be the same"



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!

Your Prayer Leader

Syndie Eardly

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