

To Ponder: Diarmuid O'Murchu,
In the Beginning Was the Spirit

Befriending is a deeply perceptive, nonviolent stance, leading to interventions that are gentle, reflective, and noninvasive. It asks deep questions and is not bewildered when nature offers an answer that is unexpected and unusual. Befriending honors soulfulness, the need for complexity, messiness, and untidiness as dimensions inherent to life's evolution. And it knows how to befriend decline, death, and termination. The mystics are among the few who have managed to attain such wisdom. ...

In the Christian Gospels, light and darkness tend to be juxtaposed as binary opposites. In the spirituality of the Great Spirit they need to be held as one—two sides of the same coin. Nature needs both, universal life needs both, and a credible spirituality for our time needs to honor both. Dualistic divisions, and the splitting of reality that ensues, is a human device of our culture of divide-and-conquer, with destructive consequences posing enormous problems for humanity today. In our confused attempts to bring about light (good) by eliminating the dark, we actually exacerbate the dark forces that have made our world such a violent place. In integrating light and darkness, creation itself flourishes; that also is the prescription for humanity to grow and flourish in a more enlightened and Spirit-filled way.

Reading: Joyce Rupp, *Out of the Ordinary*
from *Autumn Prayer of Acceptance*

Autumn God, earth teaches me by her natural turning from one season to another. As she enters into the dying and rising cycle, she welcomes the changes. May I be open to the teaching in this season of autumn and turn, as autumn does, toward opportunity for my spiritual transformation.

When I accept only the beautiful and reject the tattered, torn parts of who I am, when I treat things that are falling apart as my enemies, walk me among the dying leaves. Let them tell me about their power to re-energize the earth's soil by their decomposition and decay.

When I refuse to wait with the mystery of the unknown and when I struggle to control rather than to let life evolve, wrap me in the darkening days of November. Encourage me to enter into stillness and silent mystery, to wait patiently for clarity and wisdom.



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

The Blessing The River's Voice

it's time for change, it's time for joy
right here and now it's perfect
accept yourself just as you are
and live in joy - it's perfect

and whatever road you've traveled
to reach this place in time
may you know joy; may you know joy

it's time for change, it's time for peace
right here and now it's perfect
accept yourself just as you are
and live in peace - it's perfect

and whatever road you've traveled
to reach this place in time
may you know peace; may you know peace

it's time for change, it's time for love
right here and now it's perfect
accept yourself just as you are
and live in love - it's perfect

and whatever road you've traveled
to reach this place in time
may you know love; may you know love

Written by Trish
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Thank You For Joining Us!

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A Spirit-filled Way



Summit Metro Parks ~ Alan and Deb Casanova



Centering Space

A ministry of prayer,
listening & direction

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.