

## How Could Anyone Shania Noll

How could anyone ever tell you  
You were anything less than beautiful?  
How could anyone ever tell you  
You were less than whole?  
How could anyone fail to notice  
That your loving is a miracle?  
How deeply you're connected to my soul!



## The True Nature of Your Beloved



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.

**Renew · Refresh · Refocus**

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## To Ponder: *Patty Speier Reflection on Psalm 24*

Who has the right to ascend Yahweh's mountain? Who is allowed to enter Yahweh's holy place? Those whose hands are clean and whose hearts are pure, who do not worship idols, or make false promises. Psalm 24: 3-4

Like many rhetorical questions in the Bible, this one seems at first glance to be just another guilt-inducing aphorism. After all, which of us can live up to the answer? Life is a messy business; few of us can claim the innocence that the words "clean hands" and "pure heart" seem to imply. But if we can sit with the tension of this question long enough to get past the initial reaction of guilt, the deep-seated fear that we are not good enough to ascend that hill then we can begin to open to the good news of this passage.

The good news is that we are right now, this very minute, in God's holy place. We are, in this present moment and in every moment, as Hildegard of Bingen states, "wrapped in the arms of the mystery of God." Then why do we often feel that we are stuck in the foothills with little hope of ascension? The psalm supplies a clear answer. We have bought into the falsehood that we are somehow unworthy of the Gracious One's presence; we have sworn allegiance to a system of false selves designed to keep us in our place (at the bottom of the hill). We gain the summit not by some arduous self-improvement regimen, but by simply waking up to the realization that we are precious in the sight of the Heart of Love. We move the cause of redemption further when we say "Yes" to Love's invitation, claim our rightful place on the top of the hill, and open our eyes to the vista spread before us.

## Readings: from *Love Poems from God*

### *God's Admiration*

God's admiration for us is infinitely greater than anything we can conjure up for him. *Francis of Assisi*

### *Whenever He Looks at You*

God sees nothing in us that He has not given.  
Everything is empty until He places what He wishes into it.

The soul is like an uninhabited world  
that comes to life only when God lays His head against us.

The delight a child can know tossing a ball into the air,  
my Lord confessed He experiences whenever He looks at you.

God sees nothing in us that He has not given.

*Thomas Aquinas*

### *The True Nature of Your Beloved*

Know the true nature of your Beloved.  
In His loving eyes your every thought, word, and movement  
is always, always beautiful. *Hafiz*

Sharing...

a word...

a phrase...

a reflection...