

# Simple Gifts

Yoyo Ma and Alison Krauss

'Tis the gift to be simple, 'Tis the gift to be free,  
'Tis the gift to come down where you ought to be,  
And when we find ourselves in the place just right,  
'Twill be in the valley of love and delight.

When true simplicity is gained,  
To bow and to bend, we will not be ashamed,  
To turn, turn, will be our delight,  
Till by turning, turning we come round right

Alternate verses added by Shakers as time went on.  
Here is an example:

The Earth is our Mother and the fullness thereof,  
her streets, her slums, as well as stars above.  
Salvation is here, where we laugh, where we cry.  
where we seek and love, where we live and die.

When true liberty is found,  
by fear and by hate, we will no more be bound.  
In love and in light we will find our new birth,  
and in peace and freedom, redeem the earth.

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## Thank You For Joining Us!

### Prayer Leader:

Cheryl Keehner, CSA  
9/22/15

### Centering Space:

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

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## GETTING TO YES



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.

**To Ponder:** Richard Rohr, Radical Grace  
(Daily Meditations, p.334)

Real holiness doesn't feel like holiness; it just feels like you're dying. It feels like you are losing it. And you are! Every time you love someone, you have agreed for a part of you to die. You will soon be asked to let go of some part of your false self, which you foolishly believed was permanent, important and essential.

You know God is doing this in you and with you, when you can somehow smile, and trust that what you lost was something you did not need anyway. In fact, it got in the way of what was real.

Many of us were taught to say No without the deep joy of Yes. We were trained to put up with all the self-denial and just take it on the chin. The truth is saying No to the self doesn't necessarily please God or anybody else. There is often too much resentment and self-pity involved.

When God, by love and freedom, can create a joyous Yes inside of you so that you can absorb the usual Nos – then it is God's full work. The first might feel like resentful dieting. The second, like a spiritual banquet.



**Reading:** Psalm 73 (selected verses from Psalms for Praying)

Truly the Beloved is near to those  
with open hearts,  
to those who abandon themselves  
to Love.

But as for me, I almost lost  
the way, when  
my heart was jealous and  
consumed with my own desires.

When my soul was embittered,  
when I was arrogant at heart,  
I was blind and ignorant;  
I was like a spoiled child  
to its parents.

Still You were ever near to me.  
You waited for me to see.  
Now You guide me with your  
counsel,  
I am at home in your Heart.

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