

## *To Ponder:*

### **Compassion**

*By Ilia Delio*

**Conversion is the grace of letting go** and turning in the dance of life. It is awakening to the fact that old habits must die for new vision to be born.

The classic story told of Francis' conversion is his meeting of the leper. It was well known that Francis abhorred lepers; however, one day he met a leper along the way in his travels. Instead of running away from the leper, Francis stopped, dismounted his horse, gave the leper alms and kissed the leper's ulcerous hand.

It was an outrageous act completely contrary to Francis' personality; yet he tells us in his Testament that in the kiss of the leper's hand, "what had seemed bitter to me was turned into sweetness of soul and body."

Overcoming his revulsion of lepers and putting aside his own animosity, Francis experienced the goodness of God in the weak, disfigured flesh of the leper.

The relationship between sin, grace and life in Francis' encounter with the leper reminds us of the resurrection narratives where the disciples do not immediately recognize Jesus; they are blinded by their own concerns.

These resurrection stories, like the story of Francis and the leper, show us that conversion involves a movement from non-recognition to recognition; we are invited to see the hidden presence of God.

## *Reading:*

### **Isaiah 43:18-21**

Remember not the former things,  
neither consider the things of old.

Behold, I will do a new thing;  
now it shall spring forth; shall you not know it?  
I will even make a way in the wilderness,  
and rivers in the desert.

The beast of the field shall honor me,  
the dragons and the owls:  
because I give waters in the wilderness,  
and rivers in the desert,  
to give drink to my people, my chosen.

This people have I formed for myself;  
they shall show forth my praise.

## *Sharing...*

*a word...*



*a phrase...*

*a reflection...*

## *Meditation Music — Nawang Khechog*

### **Oprah Winfrey**

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

### **C. Joy Bell C.**

The day I understood everything, was the day I stopped trying to figure everything out. The day I knew peace was the day I let everything go.

### **Joseph Campbell**

We must be willing to let go of the life we've planned, so as to have the life that is waiting for us.

### **Osho**

Suffering is not holding you. You are holding suffering. When you become good at the art of letting sufferings go, then you'll come to realize how unnecessary it was for you to drag those burdens around with you.

### **Leo Buscaglia**

Let go. Why do you cling to pain? There is nothing you can do about the wrongs of yesterday. It is not yours to judge. Why hold on to the very thing which keeps you from hope and love?

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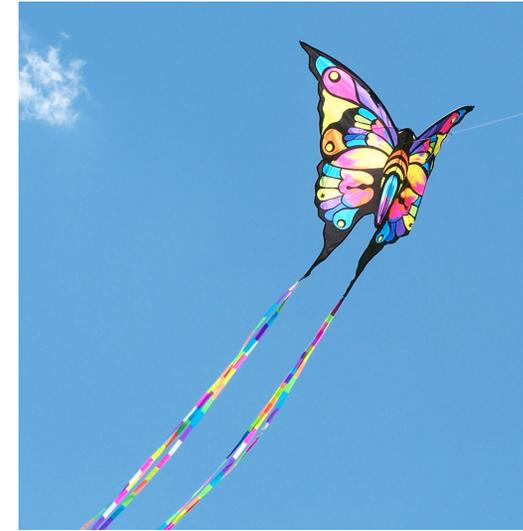
## **Thank You For Joining Us!**

Your Prayer Leader

Syndie Eardly

*3/7/17*

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# Conversion is the Grace of Letting Go



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.