

Simple Gifts sung by Jewel

'Tis the gift to be simple, It's a 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,
Will 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

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<https://www.youtube.com/watch?v=amcGIfMu0bw>

Simplicity moves us into Unity



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: Thomas Keating

Simplicity is the growing capacity to live in the midst of the dualities of daily life in such a way as to integrate contemplation and action. Even in the enormous activity, endless distraction, and immense concerns, we can remain in the divine presence. That presence invites us to enter the inmost center of our being where God dwells and where the Spirit inspires all our actions. Simplicity arises out of the immense complexity of human nature as it is brought into unity through letting go of attachments and trusting in God.

The first step towards this simplicity is simplicity of lifestyle and the cultivation of interior silence through contemplation. Contemplative prayer and action under its influence gradually liberates us from attachments both conscious and unconscious that cause the loss of interior peace. It moderates the tumultuous emotions that can tear us apart and undermine our sense of being rooted in God and in the state of life we have embraced.

Contemplation is not the same as action, but they are not separate. They are distinct, but God is as much in one as in the other. It is we who may not be present to one or the other. Simplicity is based on the truth about ourselves and the experience of God. It is the acceptance of everything just as it is. The Holy Spirit can then move us to change what needs to be changed or to do what needs to be done.



Reading: Psalm 23 Redux by Carla A. Grosch-Miller

This I know:
My life is in your hands.
I have nothing to fear.

I stop,
breathe,
listen.

Beneath the whirl of what is
is a deep down quiet place.
You beckon me to tarry there.

This is the place
where unnamed hungers
are fed, the place
of clear water,
refreshment.

My sense stilled,
I drink deeply,
at home
In timeless territory.

In peril, I remember:
Death's dark vale holds no menace.
I lean into You;
Your eternal presence comforts me.
I am held tenderly.

In the midst of all that troubles,
That threatens and diminishes,
You set abundance before me.
You lift my head; my vision clears.
The blessing cup overflows.

This I know:
You are my home and my hope,
my strength and my solace,
and so shall you ever be.



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