

Prayer for Kind Speaking

Be my speaking, You, the Word
that tells no bitter lie
shape my lips in such a way
that only You get by

Take away my anger
cast out all my need to blame
let my words be comforting,
a balm to someone's pain.

Let me not forget the power
of words to soothe the soul,
Let my stories be a fire
to lost ones in the cold.

Be my words, come flood my mind
come drench my every cell,
till the thoughts beneath my words
rise up from You as well.

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Prayer Leader:

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To Reveal Ourselves is to Heal Ourselves



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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: Jan Phillips – Think of Yourself

Think of yourself as a thought of the Infinite One
made flesh by your sheer desire to see and be seen.

Think of yourself as nature looking upon nature
in awe at its grandeur, in tears for its wounds
nature loving itself, healing itself, speaking out for itself.

Think of yourself as a vessel of stardust and clay,
a child of the cosmos evolving and transforming every minute of the day
matter into energy, particle into wave, mortal into Immortal---
one to the other and back again.

Think of yourself as a shaman whose hands heal whatever they touch
as a storyteller whose words fall like rain on a drought stricken land
whose stories are medicine—miracles---that heal the sick and raise the dead.

Think of yourself as a circle holding yin and yang,
as unity cradling the dualities in your arms.

Think of yourself as a conscious thought leaning toward radiance
an early dawn rising into daylight.

Think of yourself as necessary---purposeful, here for a reason
remember that you came here to light the world.
Deep inside you the fire of creation burns day and night,
atoms from the Big Bang spin and swirl in your blood and bones,
your lungs and your legs.

The One you cry out to is in your breath, in every cell and every thought.
Like salt in the tear, joy in the laughter, the Holy One is in you,
being scattered like seeds across the land as you speak and write
and reach out to touch.

You are the hands and feet, the eyes and ears of the Great Beloved
You are the one we are waiting for
we hunger for the stories you have yet to tell.

Reading: Jan Phillips – Think of Yourself

It is a requirement of this hour that each of us speaks,
each of us says what happened and what we learned.
To reveal ourselves is to heal ourselves---and to heal
ourselves is to heal each other and the world entire.

From our revelations of intimacy and truthfulness,
vulnerability and generosity, the future takes shape and
enters into us---OUR words made flesh, OUR thoughts
made real.

Yes, think of yourself as a creator...the peace you desire,
the justice you cry for---these will come as we speak them
into being.

Together we are creating the life we experience—
it is happening not TO us, but THROUGH us.

As the cosmos is being created by the Mind of the Infinite
One, this world is being created by the minds of the finite
ones, by us.

Let us be mindful and full of care for the words we speak,
the thoughts we think, the stories we tell...for these are
the tools with which we build tomorrow.

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Sharing...

a word...

a phrase...

a reflection...