

## 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.



Prayer Leader:

Carol Kandiko, CSA  
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## Simple Gifts



Photo by Rob Blair



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.

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To Ponder: Mark Nepo, Acceptance

One of the basic notions of Taoism is that the world in all its mystery and difficulty cannot be improved upon, only experienced. We are asked to believe that life in all its complexity and wonder is complete as is—ever-changing and vital, but never perfectible.

I've come to understand that this doesn't prevent our being involved. On the contrary, accepting that the world can do quite fine without us allows us to put down the burden of being corrective heroes and simply concentrate on absorbing the journey of being alive.

Thus, our work is not to eliminate or re-create anything. Rather, like human fish, we are asked to experience meaning in the life that moves through the gill that is our heart. Ultimately, we are small living things awakened in the stream, not gods who carve out rivers. We cannot eliminate hunger, but we can feed each other. We cannot eliminate loneliness, but we can hold each other. We cannot eliminate pain, but we can live a life of compassion.

Reading: Ted Loder

Gentle me,  
Holy One,  
into an unclenched moment,  
a deep breath,  
a letting go of  
heavy experiences,  
of shriveling anxieties,  
of dead certainties,  
that, softened by the silence,  
surrounded by the light,  
and open to the mystery,  
I may be found by wholeness,  
upheld by the unfathomable,  
entranced by the simple,  
and filled with the joy  
that is you.



Alan & Deb Casanova

Sharing...

a word...

a phrase...

a reflection...