

All I do Today

(Jan Novotka, In the Name of All that Is)

May all I do today be for the healing of the whole.
May all I do today mend a broken world.
May all I do today bring blessings on the earth.
May all I do today be for the good of all.
All I do today...

Living the Dream



*The greatness of a community is
most accurately measured by
the compassionate actions
of its members, a heart of grace,
and a soul generated by love.*

Coretta Scott King



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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A Sponsored Ministry of the Sisters of Charity of St. Augustine

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1/22/2019

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To Ponder:

Balthasar Fischer, cited in [The Fire of Peace](#)

On one occasion I gained new insight into the ancient gesture of praying with outstretched hands. I read somewhere that the Assyrians had a word for prayer which meant “to open the fist.” The fist, and especially a fist raised threateningly, is a sign of a highhanded, even violent person. People grasp things in closed hands when they are unwilling to let go of them; they use clinched fists to assault and hurt and, even worse, to beat others down so that they cannot get up.

Those who pray, however, are saying before God that they are renouncing all high-handedness, all pride in their own sufficiency, all violence. They open their fists. They hold up their empty hands: “I have nothing that I have not received from God, nothing that God has not placed in my empty hands. And so, I do not keep a frantic hold on anything. I desire not to strike or hurt but only to give and to spread happiness, hope, and joy. For myself, I am dependent on the One who fills my empty hands with gifts to share.”

Reading: a reflection by Yehuda Berg

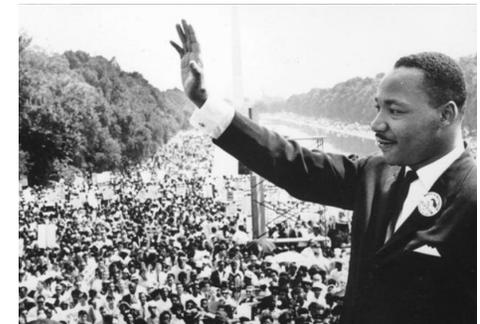
Hurt people hurt people.
Pain patterns get passed on,
generation after generation after generation.

Break the chain today.

Meet anger with sympathy,
contempt with compassion,
cruelty with kindness.

Greet grimaces with smiles.
Forgive and forget without finding fault.

Love is the weapon for the future.



Sharing...

a word...

a phrase...

a reflection...