

## God Loves You

By Jaci Valasquez

In the quiet  
Love is reaching  
It's yours to hold  
Be still and know that  
Even when you're  
Lost and lonely  
And hope is gone  
You're not alone

Far beyond the  
Understanding  
There's a hand that leads  
If you believe ...

Through the darkness  
See the light  
**Remember God Loves You**

The road ahead is  
Long and winding  
With eyes of faith  
You'll find the way  
And when the journey  
Leaves you weary  
You can rest in the comfort  
Of heaven's arms—  
Sweet loving arms

Peace will follow  
Peace be with you always  
As you go  
For now you know that ...

Through the darkness  
There's a light  
**Remember God Loves You**

When you open up your heart  
His love will meet you where  
you are  
He will always be apart of  
everything you do  
He is here to set you free  
And give you all the strength  
you need  
To carry on  
To carry on ...

Through the darkness  
See the light  
**Remember God Loves You**  
**Remember God Loves You**

Prayer Leader:

Syndie Eardly  
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## Let Suffering Soften Me



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

**Renew · Refresh · Refocus**

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## *To Ponder*

### **Finding Meaning in Pain and Suffering**

*By Howard Cutler from The Art of Happiness*

Victor Frankl wrote, “Man is ready and willing to shoulder any suffering as soon and as long as he can see a meaning in it.”

In Buddhist and Hindu models, suffering is a result of our own negative past actions and is seen as a catalyst for seeking spiritual liberation.

In the Judeo-Christian tradition, the universe was created by a good and just God and even though His master plan may be mysterious and indecipherable at times, our faith and trust in His plan allow us to tolerate our suffering more easily, trusting that everything God does, He does for the best.

From the Judeo-Christian perspective, suffering can serve many purposes: it can test and potentially strengthen our faith, it can bring us closer to God in a very fundamental and intimate way, or it can loosen the bonds to the material world and make us cleave to God as our refuge.

While at times suffering can serve to toughen us, to strengthen us, at other times it can have value by functioning in the opposite manner — to soften us, to make us more sensitive and gentle.

“In Buddhist practice,” the Dalai Lama says, “you can use your personal suffering in a formal way to enhance your compassion — by using it as an opportunity for the practice of Tong-Len. This is a Mahayana visualization practice in which one mentally visualizes taking on another’s pain and suffering, and in turn giving them all of your resources, good health, fortune and so on. In doing this practice, when you undergo illness, pain or suffering, you can use that as an opportunity by thinking, ‘May my suffering be a substitute for the suffering of all sentient beings. By experiencing this, may I be able to save all other sentient beings who may have to undergo similar suffering.’ So you use your suffering as an opportunity for the practice of taking other’s suffering upon yourself.”

## *Reading*

### **Lord Your Name Is**

*By Syndie Eardly*

Lord, your name is inspiration, messenger, guide.

Your energy pervades all, loves all  
And through each plant and rock,  
                  animal and human,  
                  sun and rain,  
                  water and fire,  
You speak.

Nudging, reminding, shouting  
Love all.  
Love every experience.  
Embrace your life here and now.

Live into the sorrow  
Live into the joy  
Live into the loss  
Live into the exploding creation.

Lord your name is awareness, presence, being.

## **Sharing...**

**a word...**

**a phrase...**

**a reflection...**