

Armenian Duduk Music -
Levon Minassian & Armand Amar
From 10:50 – 16:55
<https://www.youtube.com/watch?v=GgmMfMALVpQ>



Prayer Leader:

Ginny May-Schiros
2/19/2019

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The Kingdom of God is Within You



Photos by Rachel Hettler. White Sands National Monument, NM.



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: Henri Nouwen REACHING OUT

“The Jesus prayer, or any other prayer form, is meant to be a help to gently empty our minds from all that is not God, and offer all the room to him and him alone. But that is not all. Our prayer becomes a prayer of the heart when we have localized in the center of our inner being the empty space in which our God-filled mind can descend and vanish, and where the distinctions between thinking and feeling, knowing and experience, ideas and emotions are transcended, and where God can become our host. ‘The Kingdom of God is within you’ (Luke 17:21), Jesus said. The prayer of the heart takes these words seriously. When we empty our mind from all thoughts and our hearts from all experiences, we can prepare in the center of our innermost being the home for the God who wants to dwell in us. Then we can say with St. Paul, ‘I live now not with my own life but with the life of Christ who lives in me.’ (Galatian 2:20). Then we can affirm Luther’s words, ‘Grace is the experience of being delivered from experience.’ And then we can realize that it is not we who pray, but the Spirit of God who prays in us.”

Reading: Rumi, *The Light is the Same*

The lamps are different, but the Light is the same.
So many garish lamps in the dying brain’s lamp-show,
forget about them.
Concentrate on the essence,
concentrate on the Light.
In lucid bliss, calmly smoking off its own holy fire,
the Light streams towards you from
all things, all people,
all possible permutations
of good, evil, thought, passion.
The lamps are different,
but the Light is the same.
One matter, one energy, one Light, one Light-mind,
endlessly emanating all things.
One turning and burning diamond,
one, one, one.
Ground yourself, strip yourself down,
to blind loving silence.
Stay there, until you see
you are gazing at the Light
with its own ageless eyes.

Sharing...

a word...

a phrase...

a reflection...