

## *I'm Letting Go* Francesca Battistelli

My heart beats, standing on the edge  
But my feet have finally left the ledge  
Like an acrobat  
There's no turning back

I'm letting go  
Of the life I planned for me  
And my dreams  
I'm losing control  
Of my destiny  
It feels like I'm falling and that's what it's like to  
believe  
So I'm letting go

This is a giant leap of faith  
Trusting and trying to embrace  
The fear of the unknown  
Beyond my comfort zone

Giving in to your gravity  
Knowing You are holding me  
I'm not afraid

Feels like I'm falling and that's what it's like to believe  
Feels like I'm falling and this is the life for me

Prayer Leader:

Carol Kandiko, CSA  
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## *Letting Go into God*



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: Janice McLaughlin,  
Ostriches, Dung Beetles, and Other Spiritual  
Masters.*

We humans often find it difficult to accept change. We easily become accustomed to our habits and our way of life. Changing neighborhoods, jobs, or even diet can be a major challenge to us. We take the same route to work every day, sit in the same pew at church every week, and follow the same schedule from year to year.

While this regularity has the advantage of making life more secure and predictable, there is the danger that it will extend to more critical areas of our life, making us unable to adjust to new realities and intolerant of those who differ from us. We may find it hard to let go of assumptions and prejudices, for example, and may cling to our views even when there is no evidence to support them.

The Shona people of Zimbabwe have many names for God. My favorite is Chipindikure, “the One who turns things upside down.” It comes from the root kupinduka, which means to be uprooted. What an amazing concept to explain God’s presence in the often unwanted and unplanned changes that happen to us throughout our lives! These can bring many blessings if we are open to the invitation to change, or they can make us miserable if we resist.

*Reading: Bruce Sanguin,  
“A Listening Ear,” If Darwin Prayed*

O Holy One, when did we stop listening?  
How did we come to believe  
that we know everything  
that is about to come out of the mouths  
of our partners, children, and teachers?

When did the sound of a red-winged blackbird  
cease being a source of delight for us?  
How did we decide that it is not worth the effort  
to enter the world of what is other than us?  
When did we stop listening to our own lives  
as sources of sacred revelation?  
Why did we stop listening to the echoes of the past,  
where wisdom stores life’s lessons,  
or for the strains of that yet-unformed future,  
waiting to be born?

Grant to us the robin’s focus,  
that we might turn our ear—  
away from all profane distraction  
and listen for the silent, sure stirrings  
beneath the surface of things—  
as though our life depended on it.

*Sharing...*

*a word...*

*a phrase...*

*a reflection...*