

Loving Kindness by Ashana

Loving kindness for all beings
From the One beyond the stars
Through the darkness into light
We behold the gift of peace



Prayer Leader:

Peggy Gerovac
6/25 - 26/2019

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Open your eyes. Look at yourself.
See the beauty that is you.



Ekaterina Shevchenko



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: *Maria Shriver, I've Been Thinking . . .*

No matter who you are, no matter how old you are, the challenge is the same: How do we turn our focus away from the glittering gift wrap we think it us, and focus instead on the jewel inside, the jewels we really are?

It's hard. I think about the marathon that is life and the endurance it requires. I think about how hard it is to deal with change – to grow old, to see your family change, your friends change, and your own prospects change. All of that sometimes makes it challenging to perceive the beauty within.

The truth is, we all want someone to see the jewel that is inside of us. We all long to be seen as valuable, no matter how old we are. And we work hard trying to get others to recognize our value, our worth, so often giving them the power to decide if we are in fact, jewels to be cherished.

But that power is actually our own. It's yours. Don't give it away. I know, because I've given it away, and it's challenging to get it back.

So I've made a decision now, I'm going to do what I did for my parents: love myself no less as I age. Regard myself not with judgment and criticism, but with kind thoughts, loving thoughts, and then take those thoughts and reflect them out onto others. I'm going to see me—my spirit, my soul, my heart—now.

Open your eyes. Look at yourself. See the beauty that is you.

Reading: *Teresa of Ávila*

May today there be peace within.

May you trust God
that you are exactly where you are meant to be.

May you not forget
the infinite possibilities that are born of faith.

May you use those gifts that you have received,
and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones,
and allow your soul the freedom
to sing, dance, praise and love.

It is there for each and every one of us.

Sharing...

a word...

a phrase...

a reflection...