

The Southern Sea by Garth Stevenson

(stop at 7:00 or play to end at 8:59)

<https://www.youtube.com/watch?v=mKwDHu5Y8jo>



Sharing...
a word...
a phrase...
a reflection...

Prayer Leader:

Ginny May-Schiro
9/24 - 25 / 2019

Printed on 100% recycled paper

Love without Conditions



Webstock



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

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7415
centeringspace@srsfcharity.org | www.centeringspace.org

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

To Ponder: Love Without Conditions by Paul Ferrini

Supreme Reality cannot be apprehended from a dualistic frame of reference. Supreme Reality is the creation of total acceptance, total surrender, and total all-inclusive love. There is nothing that is separate from it.

In contrast to the flow of Supreme Reality is Resistance, which gives birth to various conditions. Distinctions, comparisons and judgments arise and the natural flow is interrupted. The nature of Supreme Reality is to say "Yes." It has natural exuberance and enthusiasm. It would take all things with it. It is happiness personified, for it takes everyone and everything as itself. Resistance always says "No." By nature it brings conflict and trouble. It would oppose everything and create divisions, so it is unhappiness personified. Unhappiness always resists some condition. It establishes itself on some interpretation for or against.

In saying Yes to Supreme Reality, you are not being asked to give up all attachments, as that is not a realistic goal. Simply become aware of your attachments, your perceptions, your interpretations for or against. Notice how you have made your happiness conditional.

If you want to understand the unconditional way of life, look at the tree moving in the wind. The tree has deep roots and wide branches. It is fixed below, flexible above. It is a symbol of strength and surrender. Like the tree, move flexibly with all situations in your life. Stand tall but be rooted in the moment. Know your needs, but allow them to be met as Life in God knows how. Move in the wind. Your life is a dance. It is neither good nor bad. It is a movement, a continuum. Your choice is a simple one: dance or not. If you decide not to dance, the dance will go on and you will still be part of it whether you participate with a "Yes" or a "No." Be open and present and you will fall into the arms of God. Resist and you will get caught in a needless tangle of your own making. Surrender and enjoy the simple grace of being alive.

Reading: Psalm 30 - Reinterpreted by Ginny

I will praise you, O Ultimate Creator, for you have pulled me from the pit of despair,
And did not allow my darkest angers and fears to consume me.
O Most Amazing Power, I cried to you for help,
And you took me to the place of my forever wholeness.
O Deepest Knowing Friend,
you brought my soul up from the bottom of hellish divisions
And restored me to life from among those who are lost in darkness.

Sing praises to Realness, you who persevered and held on to your inner truth,
And give thanks to the Word that lives in the names given to the One.
Anger is for a moment, But forgiveness is for a lifetime.
Weeping may linger for a night, But joy comes in the morning.

As for me, I smugly said with my comfortable possessions surrounding me,
"I shall never need anyone else and will remain self-sufficient."
By your favor, O Vulnerable One,
The bounty of the land had set me up in security,
strong and safe as a mountain.
Then did I see how your broken and beautiful face was hidden from me,
And I was dismayed as gold fenced me in.
To you, O Gentleness, I wept,
And to the Creator I offered to let all things go, asking
"What profit is there in my death in a gilded prison of things If I die tomorrow?
Will the cars and shoes praise me,
A shell of a person full of illusions and attached to property?
Will they tell of my love for the Only Thing That Matters?
Of compassion in my heart?"

Hear, O Source of All Life, and be kind to me
and wound me deeply in your teaching,
Be my helper and deliver me from my illusions.
When I awake from the dream, you will turn my mourning into dancing,
You will have taken off my mask of deceptions and clothed me with seeing,
So that my soul may call out like the birds in freedom and joy,
not stifled by attachments.

Creator of Love, with gratefulness I will sing in the skies forever.