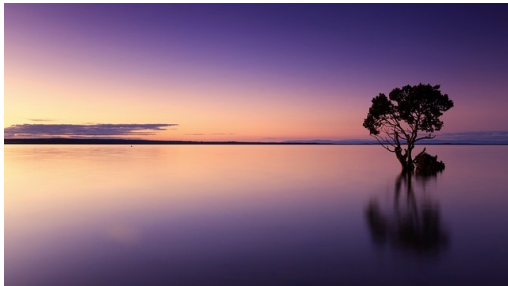


Song: **Ruach Elohim**

Music by Schlomo Carlebach
Dance of Universal Peace movements by Halima Sussman
Sung at a retreat in New Zealand led by Munir Peter Reynolds

Ruach, ruach, ruach....
Lai lai la lai lai, la lai lai la lai....

*Ruach Elohim is Hebrew for the breath or spirit of God.
The breath that flows through all beings interconnects us,
like a current connecting all the particles in the ocean of life.*



Prayer Leader:
Subhana Graf
9/3-4/2019

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...the breath
that weaves you into existence



Image by Michael Schwarzenberger from Pixabay



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 - Amoda Maa

Dear friend, you have no choice. Eventually you will be forced to let it all go, when you take that final breath before you leave this earthly body. You might as well do it now, you might as well experiment and see what happens when you give yourself permission to fall apart.

You might discover that falling apart is not what it seems. You might discover that what falls apart is the arsenal of defenses you've been building up to protect you from heartbreak and grief and hurt and loss. You might discover that what falls apart is your idea of being separate from the fullness of life's flow, from the wild grace of the earthly experience, from the holy brokenness of this crazy ride of being human.

And you just might discover that everything you imagined held you together has no real validity. You might just discover what really holds you together is the breath that weaves you into existence. You might just discover that in falling apart you are resurrected into this sacred moment. You might just discover that you are held in the open hand of being-ness.

So yes, it's ok to fall apart. It's your feelings you're scared of, your vulnerability, your shame, your brokenness, your helplessness. But feelings cannot extinguish who you really are. Once the tempest has moved through you, you are left clean and naked, stripped of the burden of pretending to be who you are not.

Dear friend, you're not really falling apart.
You are falling open.

Reading - Dennis Palmer

Ruach

Whence comes the wind
that builds the wave,
that bends and shapes the tree?
Is this the same wind as the breath
that breathes life into me?
Whence comes the wind
that pushes clouds
fast-fleeting 'cross the sky?
Is this the same wind as the breath
I'll whisper as I die?
Whence comes the wind
that swells the sails
of ships that ply the sea?
Is this the same wind as the breath
that helps my soul soar free?



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Sharing...

a word...

a phrase...

a reflection...