

Sleepsong ~ Lullaby Group Secret Garden

Loo-li, loo-li, loo-li, lai-lay
Loo-li, loo-li, loo-li lai-lay

Lay down your head and I'll sing you a lullaby
Back to the years of loo-li lai-lay
And I'll sing you to sleep and I'll sing you tomorrow
Bless you with love for the road that you go

May you sail far to the far fields of fortune
With diamonds and pearls at your head and your feet
And may you need never to banish misfortune
May you find kindness in all that you meet

May there always be angels to watch over you
To guide you each step of the way
To guard you and keep you safe from all harm
Loo-li, loo-li, lai-lay

May you bring love and may you bring happiness
Be loved in return to the end of your days
Now fall off to sleep, I'm not meaning to keep you
I'll just sit for a while and sing loo-li, loo-li, lai-lay

May there always be angels to watch over you
To guide you each step of the way
To guard you and keep you safe from all harm
Loo-li, loo-li, lai-lay

Prayer Leader:

Peggy Gerovac

10/15 - 16/2019

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Silence is the fullness, not emptiness



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: Laurie Kathleen Clark

Today, Lord, I come with clenched fist, locked jaw
and a well used armory of weapons uselessly launched
against all manner of enemy.

My list-making, crisis thwarting, horn-blasting attempts at hiding
from you.

I now determine to lay at your feet.

I will breathe into my shivering, fear frozen and gasping hesitancy

This time Lord I loosen my grip and wait to hear your beckoning

Pull me Lord through the fire of my human “doingness”

Sit me midst my pain, my groaning I trust you’ll hear.

Lord gentle me into your silence

Teach me to see into the depths of quiet pools

Untangle my webs of clutter and chaos

Awaken the monk in me

Help me find the way back to my heart

Today I am going to start living like an artist again

Abandoning all that keeps me from believing

That in this place, artist and monk alike

are tuned to the rhythm of a thousand heartbeats

And once again my wild gypsy dancing, now spirit soaring heart

will sprout wings and take flight

And all the angels will sing, for today – “she flew!”

Reading: John Chryssavgis

Silence is never merely the cessation of words . . .

Rather it is the pause that holds together –

indeed, it makes sense of –

all the words, both spoken and unspoken.

Silence is the glue that connects

our attitudes and our actions.

Silence is the fullness, not emptiness;

it is not absence, but the awareness of a presence.

Sharing...

a word...

a phrase...

a reflection...