

Ancestors Sky People

Ancestors, Sky People
all here today
Hear my heart song
Hear my respect
Hear my love
Hear my grateful tears fall
I am truly blest
You are truly blest
We are truly blest



Prayer Leader:
Carol Kandiko, CSA
10/ 29 - 30 / 2019

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We are truly blest!



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: from Ancestral Medicine

We all have ancestors, both of blood and of spirit, and each of our lives rests firmly on the foundation of their sacrifice. They are as near to us as our breath and bones, and when related with in conscious ways, they can be a tremendous source of healing, guidance, and companionship. The ancestors we choose to honor may include not only recent and more distant family but also beloved friends and community, cultural and religious leaders, and even other-than-human kin such as companion animals.

For their sake and for ours, it's good to spend a little time now and again feeding our relationships with the ancestors.

The most important and most challenging way to honor our ancestors is to fulfill our personal potential and life's purpose here on Earth.



Reading:

Joyce Rupp Rest Your Dreams on a Little Twig

Who we are,
How we are,
always touches
into other lives.

We may think
we are alone,
apart, separate,
but not so.

Our positive
(or negative)
energy
connects, unites,
draws
(or repels).

Always we touch
others,
always.

Sharing...

a word...

a phrase...

a reflection...