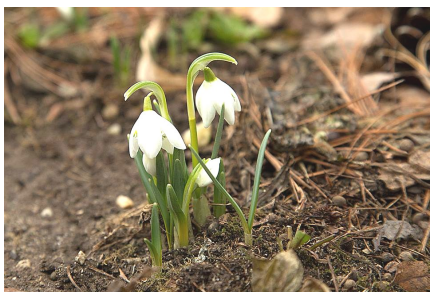


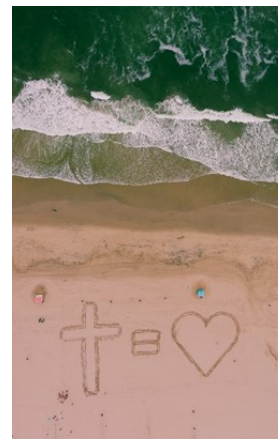
Kyrie eleison

[https://www.youtube.com/watch?v=j8B\\_BLtpxQM](https://www.youtube.com/watch?v=j8B_BLtpxQM)



Prayer Leader:  
Peggy Gerovac  
4 / 7 / 2020

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Neal E. Johnson on Unsplash

Remember  
the Goodness  
of Love



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: Fulfillment a journey through a spiritual life by ICA ICA

The definition of sin—that it creates an unbalance—is similar to the term Karma. Sin and Karma are actually the same concept. With Karma, we may break a cycle of energy, and we are supposed to come back and fix it. With sin, we ask for forgiveness, but that does not mean our wrongs are erased from the book of life. Our forgiveness comes at a cost. We may need to do something to be forgiven, for example, take care of the homeless or other people in need. In the world of duality, all the good deeds we do are just reactions to previous actions and those could be ours or others. The balance is broken either way. We become saints when we balance others' actions, just like Jesus did. The unselfish actions are fantastic ways to restore the energy balance. That is because that energy is coming not out of need but as a surplus of positive energy that is pure and powerful.

## Reading: Psalm 103: 1-8 Psalms for Praying: An Invitation to Wholeness, by Nan C. Merrill

Bless the Beloved, O my soul, and all that is within me; I bless your Holy Name.

Bless the Beloved, O My soul, and remember the goodness of Love.

You forgive our stubbornness, You heal our diseases,

You save us from the snares of fear, You crown us with steadfast Love and Mercy,

You satisfy our every need and renew our spirit like the eagle's.

Through You comes peace and justice for all who are oppressed.

You make known the pathway of truth, and guide us along the way.

You are merciful and gracious, quelling our anger with your patient Love.

Sharing...

a word...

a phrase...

a reflection...