

# Man has no Body distinct from his Soul

William Blake



## "Deep Within" by Jonathan Murphy

Deep within, I will plant my law,  
not on stone, but in your heart.  
Follow me; I will bring you back.  
You will be my own, and I will be your God.

I will give you a new heart,  
a new spirit within you,  
for I will be your strength.

Seek my face, and see your God,  
for I will be your hope.

Return to me, with all your heart,  
and I will bring you back.

Prayer Leader:

Peggy Gerovac

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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.

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## To Ponder:

William Blake said that “Man has no Body distinct from his Soul . . .” and thus acknowledged the convergence of health and holiness. In that, all the convergences and dependences of Creation are surely implied. Our bodies are also not distinct from the bodies of other people, on which they depend in a complexity of ways from biological to spiritual. They are not distinct from the bodies of plants and animals, with which we are involved in the cycles of feeding and in the intricate companionships of ecological systems and of the spirit. They are not distinct from the earth, the sun and moon, and the other heavenly bodies.

Wendell Berry, *The Unsettling of American: Culture & Agriculture*

If we struggle to listen to our family, the people we see and love every single day, and the body we live in (and have since the day we were born), how much more, I wonder, do we all have trouble listening to what’s happening on our soul level, that part of us we can’t see at all, the part that only shows herself in the safest of circumstances? The world is run by worn-out people, and our soul is often lost beneath the piles of our everyday life.

Emily P. Freeman, *The Next Right Thing*

## Reading: Emily P Freeman, *The Next Right Thing*

Stillness is to my soul as decluttering is to my home. Silence and stillness are how I sift through the day’s input. The silence serves as a colander, helping me discern what I need to hold on to and allowing what I don’t need to fall gently away, making space to access courage and creativity, quieting to hear the voice of God.

## Sharing...

a word...

a phrase...

a reflection...