

Blessing Song

May the blessing of peace be upon you
May peace be all you know
May the blessing of peace be upon you
May it follow wherever you go.

Shalom Salaam Shanti Pacem
May peace prevail on Earth

May the blessing of joy be upon you
May joy be all you know
May the blessing of joy be upon you
May it follow wherever you go

May the blessing of love be upon you
May love be all you know
May the blessing of love be upon you
May it follow wherever you go

May the blessing of light be upon you
May light be all you know
May the blessing of light be upon you
May it follow wherever you go

Prayer Leader:

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The Blessing of God



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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.

Renew · Refresh · Refocus

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To Ponder: Richard Rohr just this

Non-dual consciousness is about receiving and being present to the moment and to the Now, exactly as it is, without splitting or dividing it, without judgment, analysis, negative critique, mental commentary, liking or disliking; without resistance; and even without registering your preferences.

In other words, your mind, heart, soul, and senses are open and receptive to the moment, *just as it is*. That allows you to say, "Just this," and love things in themselves, as themselves, and by themselves, regardless of how they benefit or make demands on you. *Is there any other way to love anything?*

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For the most part, we learn both awe and surrender by letting life come at us on its own terms, by not resisting the wonderful underlying Mystery that is everywhere and all the time, as we take our place in the endless parade of all creation.

Reading: Mary Mrozowski The Welcoming Prayer

Welcome, welcome, welcome.

I welcome everything that comes to me today
because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem,
approval, and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation,
condition, person, or myself.

I open to the love and presence of God and
God's action within. Amen.

Sharing...

a word...

a phrase...

a reflection...