

Simple Gifts

'Tis the gift to be simple, 'tis the gift to be free
'tis the gift to come down where you ought to be
And when we find ourselves in the place just right
'Twill be in the valley of love and delight.

When true simplicity is gained
To bow and to bend we shan't be ashamed
To turn, turn will be our delight
'Till by turning, turning we come round right.

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'tis the gift to come down where you ought to be
And when we find ourselves in the place just right
'Twill be in the valley of love and delight.



Photo by Doug Dawes

Prayer Leader:
Betsy Nero
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Less is More!



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: *Simple Living* José Hobday

Simplicity is a natural preparation for prayer. Simplicity will lead you to prayer. It creates an inner awareness of gratitude for the material and spiritual gifts you have. It creates time and space for prayer. I believe that simple living and prayer go hand in hand.

Simplicity erodes stress. When we lay down some of our burdens, our anxiety level goes down. As so many have said, “Less is more.” It’s not strange that our culture promotes wanting so much. That’s what the Spirit yearns for, too. More. We love abundance. The question is, more of what? More things? More stuff? More clutter? More junk? Of course not. The Spirit, our Spirit, yearns for more quality. Quality requires that we be more present to what we do and who we are.

Simple living calls us to reverence for all that is. “Tis a gift to be simple, tis a gift to be free,” as the Quakers sing, “tis a gift to come down where we ought to be.” Simplicity requires our effort, but it is also a gift, the grace of God. Our longing to be simple is often the sign of the presence of this grace. Simple living is a call to a path that is joyous and free because it is type of love for God and those who need what you have, whether you know them or not. As Elizabeth Ann Seton, says, “Let us live simply so that others may simply live.”

I need to make sure I’m good news to myself, thereby being good news to others. As Francis said, “Preach the gospel everywhere. Use words if necessary.” It’s who we are and the way we live that is the gospel message.

Reading:

The Road Less Traveled Gerard Straub

When we realize the emptiness of
all material things,
we are free to encounter God.

All that is “self” must be abandoned
if we are to follow Jesus.
The road He travels
is the road of self-emptying.

When profit is the aim and law of life,
then humanity suffers a great loss.

Everything is Nothing Jack McGuane

The Master was asked, What do you have?
“Nothing,” he replied, “except this begging bowl,”
and he went off to beg.
Returning, he discovered his cell in flames;
hesitating for only a moment, he
tossed his bowl into the fire and said
“Now I have everything.”

Sharing...

a word...

a phrase...

a reflection...