

How Then Shall I Live? *Linnea Good*

Took a walk outside of my walking.
Stepped inside another's shoes.
Walked the dusty borders between us.
Paths I'd never chosen to choose.

How then shall I live?
How then shall I live?
How then shall I live, O God?
How then shall I live?

Heard a sound outside of my list'ning.
Felt the living hum of the ground.
Waited on the voice of the spirit,
singing with its new old sound.

Saw the world outside of my looking.
Gazed upon the eyes of its soul.
Held the hopes and fears of tomorrow,
found the pieces making a whole.

Took a step outside of my walking.
Found within a beat that we share.
Walked with you the length of a lifetime,
and made of life a living prayer.

Prayer Leader:

Carol Kandiko, CSA
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A Living Prayer



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: Mark Nepo, *The Book of Awakening*

I don't know if it is human nature or the way of life on Earth, but we seldom become all of who we are until forced to it. Some say that something in us rises to the occasion, that there is, as Hemingway called it, "a grace under pressure" that comes forth in most of us when challenged. Others say this talk of grace is merely a way to rationalize hard times and painful experience, a way to put a good face on tragedy.

Yet beneath all the talk of tragedy and grace, I have come to believe that we are destined to be opened by the living of our days, and whether we like it or not, whether we choose to participate or not, we will, in time, everyone one of us, wear the deeper part of who we are as a new skin.

Either by erosion from without or by shedding from within—and often by both—we are forced to live more authentically. And once the crisis that opened us passes, the real choice then becomes: Will we continue such authentic living?

We are often called further into experience than we'd like to go, but it is this extra leap that lands us in the vibrant center of what it means to be alive.

Reading: Pope Francis

Lord, teach us to move beyond ourselves,
and to set out in search of truth.

Teach us to go out and see,
teach us to listen,
not to entertain prejudices
or draw hasty conclusions.

Teach us to go where no one else will go,
to take the time needed to understand,
to pay attention to the essentials,
not to be distracted by the superfluous,
to distinguish deceptive appearances from the truth.

Grant us the grace
to recognize your dwelling places in our world
and the honesty needed
to tell others what we have seen. Amen.

Sharing...

a word...

a phrase...

a reflection...