

## Come and Journey with Me

David Haas

Come to the song, come to the dance,  
Bring all you are, And all you can be.  
Come with your voice, come with your heart.  
Come and journey with Me.  
Come and journey with Me.

Come let the sun fill up your eyes.  
Take the time to look around,  
And love, just love, and walk with each other,  
Come and journey with Me.  
Come and journey with Me.

Come and see, come and be.  
Be all you are and all you can be,  
And leave all behind and calm your mind.  
Come and journey with Me.



Prayer Leader:  
Betsy Nero  
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## we must be hollowed out



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: Sunday Prayers Nadia Bolz Weber

Dear God who made us all,

A year ago we did not know that we were about to learn:

what we could lose and somehow live anyway  
where we would find comfort and where it would elude us  
whose lives matter to whom  
why we have kitchens in our homes.

In mid-March 2020 all I knew for sure is that  
hoarding toilet paper doesn't make you safe -  
it just makes you selfish.

But God, it feels like the world is about to open back up.  
And I'm both thrilled and kind of scared about that.  
Because I'm not who I was a year ago.

I want so badly to hug my friends again  
and laugh like hell again and have amazing conversations again and  
yet I am not sure how long I could do any of this  
before crying or just getting really quiet. My emotional  
protective gear has worn so thin, and grief just leaks out  
everywhere now.

I am so afraid that I will never be who I once was.  
And I am also afraid that I will be.

(Not to mention, I'm not entirely clear what size jeans  
I wear as the me I am now)

And yet, when I quiet my anxious thoughts, I start to suspect that I am  
now closer to the me you have always known and always loved.  
So help me trust that, Lord.

As things change, help us be gentle with ourselves and with each  
other. We are all wearing newborn skin right now. Amen.

## Reading: A Hollowed Space to Be Filled William Breault, SJ

A cup must be empty before it can be filled.  
If it is already full, it can't be filled again except by  
emptying it out.

In order to fill anything,  
there must be a hollowed-out space.  
Otherwise it can't receive.

This is especially true of God's word.  
In order to receive it, we must be hollowed out.  
We must be capable of receiving it,  
emptied of the false self and its endless demands.

When Christ came, there was no room in the inn.  
It was full. The inn is a symbol of the heart.  
God's word.  
Christ, can take root only in a hollow.

Sharing...

a word...

a phrase...

a reflection...