

Risen - Shawna Edwards

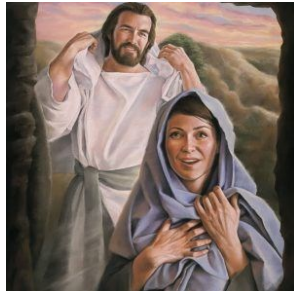
When darkness veiled the sky the day that Jesus died
In agony upon the bitter cross
They took His body down and laid it in a tomb
His friends believed that everything was lost.
But when the third day came, the darkness turned to light
for Mary heard her name and saw the living Christ.

Risen - To set the captives free
Risen - To ransom you and me
To bind up every broken heart
to conquer death and sin
Risen - To bring us home again.

And in that barren place the world forever changed
For hope was born when Jesus rose that day
And still His wounded hands reveal the love He has
for every fallen soul He came to save
And He will come again, and one by one we'll rise
To praise His holy name and see the risen Christ.

Alleluia, He lives
Alleluia He is

Risen - To set the captives free
Oh He is Risen -
To ransom you and me
To bind up every broken heart
to conquer death and sin
Risen - To bring us home again



Prayer Leader:

Ron Konkoly
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Nothing But Now



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: *The Power of Now* - Eckhart Tolle

Here is the key: End the delusion of time. Time and mind are inseparable. Remove time from the mind and it stops - unless you choose to use it. To identify with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. This creates almost an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and allow it to be. The compulsion arises because the past gives you an identity and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions.

Time isn't precious at all because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time – past and future – the more you miss the Now, the most precious thing there is.

Why is it the most precious thing? Firstly, because it is the only thing. It's all there is. The eternal present is the space within which your whole life unfolds, the one factor that remains constant. Life is now. There was never a time when your life was not now, nor will there ever be.

Secondly the Now is the only point that can take you beyond the limited confines of the mind. It is your only point of access into the timeless and formless realm of Being. (Prayers note: Being we call God)... Nothing ever happened in the past; it happened in the Now. Nothing will ever happen in the future; it will happen in the Now. What happened in the past is a memory trace, stored in the mind, of a former Now. When you remember the past, you reactivate a memory trace – and you do so now. The future is imagined Now, a projection of the mind. When the future comes, it comes as the Now

Reading: Thich Nhat Hanh *Present Moment, Wonderful Moment*

Breathing in, I know I'm breathing in.
Breathing out, I know I'm breathing out.
As the in-breath grows deep,
the out-breath grows slow.
Breathing in makes me calm.
Breathing out brings me ease.
Breathing out, it is a wonderful moment.
When we breathe out, we say "release."

Everyone has pain and suffering.
We have to be able to let go of them and
to smile at our suffering.
We can only do this if we know that
the present moment is the only moment
in which we can be alive.
"Present Moment, Wonderful Moment."
How wonderful to be alive.



Sharing...
a word...
a phrase...
a reflection...