

Song

I am Enough by *Nicole Sheahan*

There are so many voices telling me who I should be
I try to hear through the noises and hold onto what I believe
When I listen closely, I start to open my eyes
And I'm reminded of who I am inside

Refrain

I am enough
I am of worth
There is a reason I'm here in this world
I am a daughter, a daughter of God
I am accepted and wrapped in his love
I am enough

When troubles surround me, sometimes I start to forget
I see it so clearly when I count the ways that I'm blessed
And it helps me remember that I am a part of his plan
I know that he loves me just the way that I am

Refrain

I know I have a purpose and I play a part
There's a quiet assurance deep inside of my heart

Refrain

Prayer Leader:

Syndie Eardly
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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

When Work Feels Like Joy

By Sophronia Scott

Once in a workshop with the speaker and author Rob Bell, he asked me why I write. I said it was like asking me why I had an arm. I've been writing since I was a child. He reminded me that writing as a child had been play for me and should continue to be so. I wanted to laugh because a friend once told me I worked too hard and I only needed to trust what I did and continue doing it. "Don't you realize you are like Harry Potter?" she said. "You need to respect your magic."

I have to admit whenever I have prayed about what to do, the answer to my prayer has always been "just write." I'm thinking about what it would look like to, as my friend suggested, respect my magic.

I am thinking about the film *Chariots of Fire* about Eric Liddell, a Christian missionary and a talented runner from Scotland who won a gold medal in the 1924 Summer Olympics. There's a scene in which he's late to a prayer service because he'd been training for the Olympics and he is chastised by his sister, who fears his growing popularity and focus on running are drawing his attention away from their religious work. She's especially worried he will be overtaken by pride and ego. But he insists that isn't what running is about for him. He believes it is his God-given talent.

"God made me fast," he says. "When I run, I feel His pleasure." And indeed, you see him begin a race, his torso straight upright, his leg pumping. But as his speed increases, a kind of release occurs. His chin lifts, his head is thrown backward, and his arms windmill out in sheer ecstasy. There is divine connection and joy and light.

There's a Merton quote that shows up in a lot of compendiums. It says, "When ambition ends, happiness begins." I think letting go of ego and doing what we do best because it's simply what we do seems like a good way to be.

Reading

Psalm 37

Trust in the Lord and do good;
dwell in the land and enjoy safe pasture.

Take delight in the Lord,
and he will give you the desires of your heart.

Commit your way to the Lord;
trust in him and he will do this:

He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

Sharing...

a word...

a phrase...

a reflection...