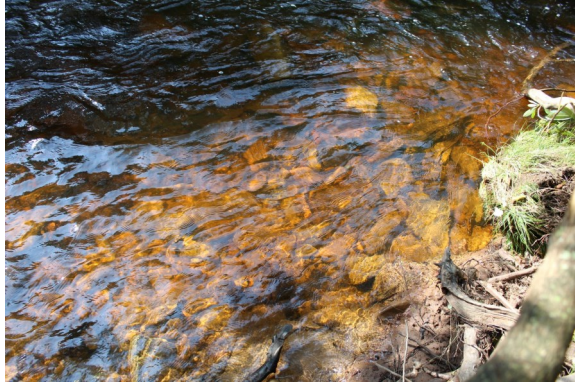


Song

The River Flows In You

by Lindsey Stirling



“Freedom! That was the thought that sung in her heart so that even though the future was so dim, it was iridescent like the mist over the river where the morning sun fell upon it.”

-W. Somerset Maugham

Prayer Leader:

Syndie Eardly

6 / 14-15 / 2022

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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

Let The River Carry You *By Syndie Eardly*

I always carry the intention to fulfill my spiritual to-do list. Say enough prayers, go on enough retreats, spend enough time meditating, take care of enough people.

Busy, busy, busy. God must laugh at all of it.

What is spirituality about anyways if not to set us free from the “busy.” Or perhaps, just to set us free. It seems to me that the aim of therapy or spiritual direction or prayer is to set us free from what is holding us back, especially past hurts we hold onto, as well as our attachment to stuff we think will make us “happier.”

This idea of being set free dovetailed with my most recent meditation theme on energy. I contemplated what would best feed energy. And I came up with a list of all the things that bring me the greatest energy in the day — sleep, water, exercise, meditation, service, gratitude...

The wisdom that emerged from my meditation was two-fold. Energy is simple, in one sense, because it is omnipresent in that it comes from the breath of God. You can’t create it. It is complex, however, in how it is manifested in the world because it is dependent on how we are more or less able to stay open so Spirit energy can flow through us unimpeded.

So I came to the conclusion that energy is less about feeding it a daily diet of good habits and more about keeping the channel open. This requires me to let go of the past as well as any attachment to the outcome of my efforts.

Rather than judge what is happening, I must stay joyfully in flow, letting the river of Spirit energy carry me through the day. My only task is to be present and open to what is happening.

Reading

The Day *By Jimmy Santiago Bacca*

I feel foolish
Like those silly robins jumping on the ditch boughs
when I run by them.

In their mindless fluttering about,
filled with nonsense,
they tell me how they love the Great Spirit,
scold me not to be self-pitying,
to open my life
and make this day a bough on a tree,
leaning over infinity,
where eternity flows forward, and with day,
the river runs, carrying all that falls in it.

Be happy Jimmy, they chirp,
Jimmy, be silly, make this day a tree
leaning over the river eternity
and fuss about in its branches.

Sharing...

a word...

a phrase...

a reflection...