

"Beautifully Broken" *sung by PLUMB*

Every tear, every doubt
Every time you've fallen down
When you're hurting, feeling shame
When you're numbing all your pain
When you've lost your way
And feel so far away
You're not

*You're beautifully broken
And You can be whole again
Even a million scars doesn't change who you are
You're worthy
Beautifully broken*

Every fear of being loved
For who you are no matter what
When you're stumbling, with each step
And you're haunted by regret
And the darkness closes in
Just listen

Oh, the God who made the stars
Is the God that made your heart
And He's holding you right now
He can heal the broken parts
And make beauty from the scars, the scars
Beautiful scars!

Prayer Leader:

Ron Konkoly

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Stay Where the Pain Is



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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An Interfaith Ministry of the Sisters of Charity of St. Augustine

To Ponder:

Rev. Dr. Jacqui Lewis and her friend Lyn

...I was feeling very low and frankly so weighed down with grief, I didn't really know how to move forward. I kept throwing myself into work, running fast to do something about the pain. But, ever wise {my friend} Lyn said:

"Wait, stay right there, stay where the pain is, where the suffering is, where the struggle is, stay there. That's where it's going to come. The insight. The knowing. The wisdom. Right there, Jacqui. It's not here yet, but it's coming. And when it comes, I'll midwife it with you. It will come, we will midwife it together. Just wait for it. It will come." ...

Right where you are, in the hurt and sorrow, that's right where the insight is, that's where the answer is, where the wisdom is. The transformation is there, the rebirth is there. And you're not alone. Your friend, your lover, your family, your helper — someone from your past will midwife it with you. The healing will come, and you will emerge shaped in the merciful womb of the fiercest love. The pain of birth is excruciating. But someone who loves you knows how to reach in and grab you and hold on to you until you make it through. You'll emerge lighter, less encumbered, ready for new stories transformed from the old ones.

Reading:

PSALM 13

O LORD, how long will You forget me? Forever?
How long will You look the other way?
How long must I suffer with anguish in my soul,
with sorrow in my heart every day?
How long will my enemy have the upper hand?
Turn and answer me, O LORD my God!

Restore the sparkle in my eyes, or I will die.
Don't let my enemies gloat, saying
"We have defeated him!"
Don't let them rejoice at my downfall.

But I trust in Your unfailing love.
I will rejoice because You have rescued me.
I will sing to the Lord
because God is good to me.

Sharing...

a word...

a phrase...

a reflection...