

Song

In Silence and Peace *by Liam Lawton*

Refrain

Truly, truly my soul is at rest
In silence and peace
In silence and peace

Refrain

O Israel, hope in the Lord, both now and forever.
Let the kings of earth shout their praise, Lord God, you are faithful.

Refrain

O Lord, my heart is not proud, nor haughty my eyes
I have not pursued things too great, nor marvels beyond me.

Refrain

A child on its mother's lap is how you hold me.
You preserve me from every harm with love everlasting,

Refrain

Prayer Leader:

Syndie Eardly

10/ 11-12/ 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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An Interfaith Ministry of the Sisters of Charity of St. Augustine

To Ponder

Wolihkomawiw—Harmony

By Sherri Mitchel, excerpted from Sacred Instructions

Wolihkomawiw (*Woe leek ma we*) or harmony is an inner state of equilibrium. It's about finding and maintaining inner harmony, which is not always peaceful. It's about trusting that the world is balanced even when it seems out of control.

Life will challenge you. It will knock you down and it will surprise you in wonderful and terrible ways. Wolihkomawiw invites you to see the truth that exists in every moment of life and recognize that all life is a duality. When we understand the dual nature of the universe, we recognize that there is beauty in everything, even our most painful experiences.

Every difficulty we face in life is directly proportionate to the amount of strength that it can provide us. The more painful the experience, the more love it can open within us; the uglier the situation, the greater the beauty that it brings forth; the deeper the darkness, the more expansive the light.

This teaching offers us the wisdom to seek the balance that exists within the duality.

When we come to know the true essence of spirit, and the source from which we all come, we realize that there is only love. Each experience has the potential to open us to a greater experience of that love, if we are connected to its source.

When we begin to live with that truth, we are living in Wolihkomawiw, or living in harmony with the mind of the Creator.

Reading

Psalm 133

Behold, how good and pleasant it is
when brothers and sisters dwell in unity!

It is like vistas seen from atop a mountain
one has climbed.

Or like the stillness of a sunset
after a long day's work.

It is like a shimmering rainbow,
breaking through a summer rain.

When men and women dwell in harmony,
the star of Truth appears!

Sharing...

a word...

a phrase...

a reflection...