

You Raise Me Up Josh Groban

When I am down and, oh my soul, so weary
When troubles come and my heart burdened be
Then, I am still and wait here in the silence
Until You come and sit awhile with me.

***You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your shoulders
You raise me up to more than I can be***

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Prayer Leader:

Betsy Nero

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waste my heart on fear no more



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:

Fear

Khalil Gibran

It is said that before entering the sea
a river trembles with fear.

She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.

And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.

But there is no other way.
The river can not go back.

Nobody can go back.
To go back is impossible in existence.

The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.

Reading:

from *To Bless the Space Between Us*
John O'Donohue

May I have the courage today
To live the life that I would love,
To postpone my dream no longer
But do at last what I came here for
And waste my heart on fear no more.

Sharing...

a word...

a phrase...

a reflection...

Reminders:

Come on time
Honor the silence
Share briefly from personal experience
Listen to each other
Discussion (cross talk) is for after the hour of prayer