

Born to Live, Ann Mortiffee

We were born to live, not just survive
Though the road be long and the river wide
Though the seasons change and the willows bend
Though some dreams break, some others mend
We were born to give and born to take
To win and lose and to celebrate
We were born to know and born to muse
To unfold our hearts, take a chance and choose

We were born to love though we feel the thorn
When a ship sets sail to return no more
Though a door be closed and we feel the pain
To chance it all and to love again
We were born to reach, to seek what's true
To surrender all to make each day new
We were born to laugh and born to cry
To rejoice and grieve, just to be alive

We were born to hope and to know despair
And to stand alone when there's no one there
We were born to trust and to understand
That in every heart there's an outstretched hand
We were born to love, to be right and wrong
To be false and true, to be weak and strong
We were born to live, to break down the wall
And to know that life is to taste it all

Prayer Leader:

Subhana Graf

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Born to Live



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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.

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

To Ponder:

Mary Oliver, Don't Hesitate

If you suddenly and unexpectedly feel joy,
don't hesitate. Give in to it. There are plenty
of lives and whole towns destroyed or about
to be. We are not wise, and not very often
kind. And much can never be redeemed.
Still, life has some possibility left. Perhaps this
is its way of fighting back, that sometimes
something happens better than all the riches
or power in the world. It could be anything,
but very likely you notice it in the instant
when love begins. Anyway, that's often the
case. Anyway, whatever it is, don't be afraid
of its plenty. Joy is not made to be a crumb.

Reminders:

Come on time... Better yet, Come Early!
Honor the silence during prayer
Share briefly from your personal experience
Listen to each other
Discussion (cross talk) is for after the hour of prayer

Reading:

Thich Nhat Hanh,

from Body and Mind Are One

If you have despair in your heart,
open it to the peace and mindfulness energy
of the sangha.

We don't need to stay like a drop of water.

We sit here to let our collective energy embrace us
and hold our suffering.

By being here and relaxing, we become the river.

Sharing. . .

a word...

a phrase...

a reflection...