

Lean On Me Bill Withers

Sometimes in our lives
We all have pain We all have sorrow
But if we are wise
We know that there's always tomorrow

Lean on me
When you're not strong
And I'll be your friend
I'll help you carry on...
For it won't be long
Till I'm gonna need somebody to lean on

Please swallow your pride
If I have things you need to borrow
For no one can fill
Those of your needs that you won't let show
You just call on me brother when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

You just call on me brother
When you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on
If there is a load you have to bear
That you can't carry
I'm right up the road
I'll share your load
If you just call me Call me
If you need a friend (Call me)
Call me (call me)
If you need a friend (Call me)
If you ever need a friend

Prayer Leader:

Carolyn Horvath
10 / 3 / 2023

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We Are Here for Each Other



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: Trina Paulus, *Hope For the Flowers*

Tired and sad, Stripe crawled off to the old place where Yellow and he had romped. She was not there, and he was too exhausted to go further. He curled up and fell asleep. When he finally awoke he found the yellow creature fanning him with wings of light.

Is this a dream? he wondered.

But the dream creature acted awfully real. She stroked him with her feelers and most of all looked at him so lovingly that he began to trust that what he had said about becoming a butterfly might be true. She walked a little distance away then flew back. She repeated it as if he should follow. Her feelers quivered and Stripe knew she was speaking. He couldn't make out words. Then slowly he seemed to understand. Somehow he knew what to do. Stripe climbed...again.

It got darker and darker and he was afraid. He felt he had to let go of everything. And Yellow waited...Until one day. (Yellow and Stripe were together again) THE END...or the beginning.

Reading: Jim Findley, *Contemplative Hearts*

Learning to dance the cosmic dance - this is why we are here on this earth, living the life we are living. At least this is one way of expressing the heart's conviction concerning the need to recognize and move with the divinity manifested in the primordial rhythms of the day by day life we are living. A contemplative practice is any act, habitually entered into with your whole heart, as a way of awakening, deepening in and sustaining a contemplative experience of the inherent holiness of the present moment. Each time we give ourselves over in our contemplative practices, whatever they might be, we find ourselves, once again, one with the communal mystery where there is no separate self.

Sharing. . .

a word...

a phrase...

a reflection...

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