

Leaves Don't Drop They Just Let Go

Carrie Newcomer

The truth I learned when I was eight
My dad swam the length of Spirit Lake
Yeah and it must have been a million miles
This I knew was true

My mother sang while hangin' clothes
Her notes weren't perfect heaven knows
Yeah but heaven opened anyway
This I knew was true

'Cause leaves don't drop they just let go
And make a space for seeds to grow
And every season brings a change
A tree is what a seed contains
To die then live is life's refrain

I left her with some groceries
Said check the oil and call me please
And she said hey Ma I'll be just fine
This I knew was true

I've traveled through my history
From certainty to mystery
God speaks in rhyme in paradox
This I know is true

And finally when my life is through
I'm what I am, not what I do
'Cause it comes down to you and your next breath
This I know is true

<https://www.youtube.com/watch?v=3c4mW9MRe-k>

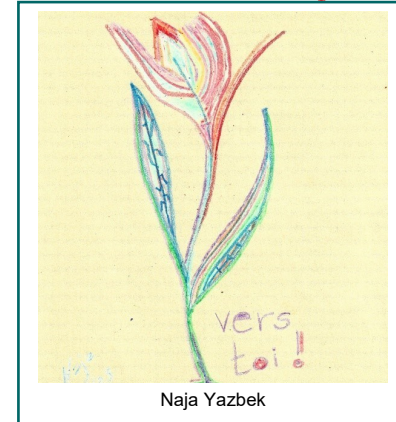
Prayer Leader:

Naja Yazbek

10 / 31 / 2023

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Love the rest of yourself



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.

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7451
centeringspacelakewood@gmail.com | www.centeringspace.org

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

To Ponder: ~ Sheldon Kopp

Blues Ain't Nothing but a Good Soul Feeling Bad

Once a young man believed that even though he struggled to claim the dark, hidden parts of himself, he couldn't accept the shadow side of himself.

Then he had a telling dream.

Out in a very dark night, he had to walk slowly.

Suddenly, feeling like a fool, he said to himself, "What are you doing out here without a flashlight?" Trying to find his way back home, he became aware of another presence—a dog, he thought.

Staying on the alert, he saw that the animal was not a dog but a wolf! At first he decided to kill the beast with his bare hands. Then recognizing that was absurd, he realized that to survive, "I must make friends with this wolf! "

When he woke, he understood that the wolf represented his savage soul, his secret shadow, and then the answer to his struggle was clear, "The wolf is my own dark brother. Instead of trying to overcome the terror of my hidden self, I must learn to own it, to make friends with it, so I can come to love the rest of myself."

Reading: Seán Lucy *A Blessing*

Angel of evening and the outer air
touching these walls, these windows,
and the huge pale lake that joins the sky
in a far fading intimacy there
-spirit of silence, shading out of Eden,

Teach all my sore intensities to die down:
darkening.

The day sinks; the memory dusks;
the heart eases down;

dear magic lifts her face and sings her tune.

Whatever is necessary for healing and for pardon,
whatever touch of love may make me sane,
will happen soon.

Yes, it will happen soon.

Reminders:

Come on time or **better yet, COME EARLY**

Honor the silence

Share briefly from personal experience

Listen to each other

Discussion (cross talk) is for after the hour of prayer

Sharing...

a word...

a phrase...

a reflection...