

Song

Helping Hand by Gloryfall

<https://www.youtube.com/watch?v=IhWLDnsPVW4>

Saw it in the news today
Images that froze me on my way
And something deep within was stirred
A feeling that was lost I've felt unturned

CHORUS

Your love and compassion for the lost
Your peace that floods the inner most
Your strength to raise a helping hand
Your heart that brings healing to the land

May I see it through Your eyes
See each person as a valued prize
Take me from the comfort that I hold
It won't take a tragedy for me to show

I don't wanna turn the other way
There's an urgency I know
Your heart goes out to them each and every day
You're calling for the church to rise and show

CHORUS

Prayer Leader:

Syndie Eardly
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Alex Green / Pexels

The Symmetry of Kindness



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

The Symmetry of Kindness

By Mark Nepo

The train slammed into the station, injuring hundreds.

The engineer was critically hurt. People toppled over each other, bouncing across seats and against windows. There was blood and glass everywhere.

One woman shimmied her way to the platform when part of the station ceiling fell, pinning her. She thought she would die. Then the hands of fellow passengers lifted her, one to another, and she was saved.

Later, she wanted to say thank you but didn't know who to thank. Once on the mend, she retrieved a list of those who were with her that day. Now, one by one, she looks them up, asking if they had helped her. Each of them smiles and says no. Once with them she can see what each needs, and so she helps them. She unpacks groceries for an old woman, listens to a widower's story, and gives a single mom her umbrella.

This has gone on for weeks,

She keeps trying to find those who helped her, only to help those she finds. Finally, it occurs to her that this is God's symmetry of kindness. She will never know who helped her, so she can thank and help everyone she meets along the way.

Reading

Small Prayer on Kindness

Gracious God,

We are grateful for the kindness and generosity that You show us every day.

We ask that you help us to see those around us in the same way that you do.

Shape our hearts to be like yours
and guide our hands by your spirit
in showing kindness and generosity to others.

Amen

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