

Moonshadow

Yusuf Islam (formerly Cat Stevens)

Yes, I'm bein' followed by a moonshadow
Moonshadow, moonshadow
Leapin' and hoppin' on a moonshadow
Moonshadow, moonshadow

And if I ever lose my hands
Lose my plow, lose my land
Oh, if I ever lose my hands
Oh if, I won't have to work no more

And if I ever lose my eyes
If my colors all run dry
Yes, if I ever lose my eyes
Oh if, I won't have to cry no more

And if I ever lose my legs
I won't moan, and I won't beg
Oh, if I ever lose my legs
Oh if, I won't have to walk no more

And if I ever lose my mouth
All my teeth, north and south
Yes, if I ever lose my mouth
Oh if, I won't have to talk

Did it take long to find me?
I asked the faithful light
Oh, did it take long to find me?
And are you gonna stay the night?

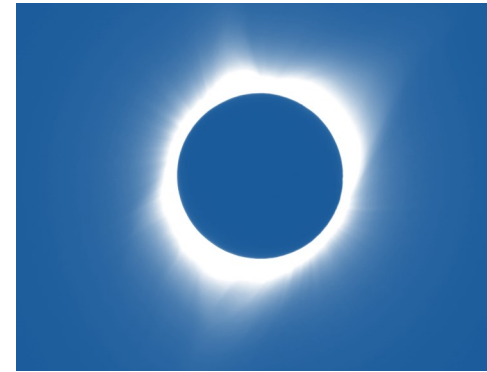
Prayer Leader:

Subhana Graf

4/16 /2024

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Moonshadow



Scott Szarapka on Unsplash



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: **Marya Grathwohl,**

This Wheel of Rocks:

An Unexpected Spiritual Journey

After almost fifty years of being a Franciscan Sister, I learned that *beauty* for Franciscan theologians and philosophers is the ultimate and most intimate knowing of God, another name for God, *the* name for God. Saint Bonaventure and Blessed John Duns Scotus teach that the beauty and diversity of creation nourish us through suffering and loss. When we've run out of purpose, when memories of war sicken us, when Earth is attacked with unparalleled savagery for coal, gas, oil, timber, and profit, when poverty runs rampant and extreme wealth for very few soars, when friends betray us, and everyone we love lives far away ... then, still *beauty* endures, and helps us make it through. Like God....

"I once wrote a song called Moonshadow. In that song I explained that whatever happens to you there's always something good to look forward to. That's what I believe."

Yusuf/Cat Stevens Facebook

Reading: **Connie Schultz,**

Hopefully Yours

WOW, blinkin' and thinkin' on a moonshadow

... the beautiful photos on social media...can give you at least a glimpse of what it felt like to stand under the night sky in the middle of the afternoon and behold a moment that you knew you'd likely never again witness—in the same spot, with the same people—in your lifetime.

I did not expect to be this moved. But as Sherrod and I stood there, looking up at the sky, it was impossible not to think of the millions of other humans who stopped to lift their gaze along with us. We are all such small specks in the universe, but we are capable of big things in our limited time here. Look how curious we are, so open to discovery.

We are people who want to look up.

I'm going to hold on to this memory, and call it hope.

April 9, 2024 on Substack

Reminders:

Come on time or better yet, **COME EARLY**
Honor the silence
Share briefly from personal experience
Listen to each other respectfully
Conversation (cross talk) is after the hour of prayer

Sharing...

a word...

a phrase...