

Reconnecting to One Another and to Our Source

Ubuntu

“Ubuntu, it’s from the motherland of Africa,
The essence of the word means that I am one with you.

We’re from one family, it’s called humanity,

Don’t matter where you’re from, or if you’re old or young,
Ubuntu, it means that we’re all one.”



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.

Prayer Leader:
Mary Beth Marquard, HM
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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: Mungi Ngomane,
Granddaughter of Desmond Tutu

If we are able to see ourselves in other people, our experience in the world will inevitably be a richer, kinder, more connected one. If we look at others and see ourselves reflected back, we inevitably treat people better. This is Ubuntu. Ubuntu shouldn't be confused with kindness, however. Kindness is something we might try to show more of, but Ubuntu goes much deeper. It recognizes the inner worth of every human being—starting with yourself.... It tells us we are only who we are thanks to other people. Every interaction (good or bad) will have brought us to where we are today.

Reminders:

- Come on time or **better yet, COME EARLY**
- Honor the silence
- Share briefly from personal experience
- Listen to each other
- Discussion (crosstalk) is for after the hour of prayer

Reading: Anonymous

Divine Source, in this moment of seeking,
I open my heart and mind to your presence.

Guide me back to the wellspring of my being,
where I may feel the pulse of your love
flowing through me.

Wash away the distractions that separate me from you.

Allow me to remember
the deep connection that binds us together.

Renew my spirit with your light.

Fill me with the strength to live authentically,
aligned with your purpose.

Sharing. . .

a word...

a phrase...

a reflection...