

Follow the Sun Xavier Rudd

Follow, follow the sun
And which way the wind blows
When this day is done
Breath, breath in the air
Set your intentions Dream with care

Tomorrow is a new day for everyone
A brand-new moon, brand new sun

So, follow, follow the sun
The direction of the birds
The direction of love
Breath, breath in the air
Cherish this moment Cherish this breath

Tomorrow is a new day for everyone
Brand new moon, brand new sun

When you feel love coming down on you
Like a heavy wave
When you feel this crazy society
Heading to the strand
Take a straw to the nearest waters
And remember your place
Many moons have risen and fallen long,
long before you've came
So which way is the wind blowing
And what does your heart say?

So, follow, follow the sun
And which way the wind blows
When this day is done...

Prayer Leader:
Naja Yazbek
8 / 4 / 2026

I wonder, I discover, then I wonder again



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 founded by the Sisters of Charity of St. Augustine

To Ponder: Wassily Kandinsky

Concerning the Spiritual in Art

On the average man, only the impressions caused by very familiar objects will be purely superficial. A first encounter with any new phenomenon exercises immediately an impression on the soul. This is the experience of the child discovering the world, to whom every object is new. He sees a light, wishes to take hold of it, burns his finger and feels henceforward a proper respect for flame. But later he learns that light has a friendly as well as an unfriendly side, that it drives away the darkness, makes the day longer, is essential to warmth, cooking, play-acting.

Reading: David Thoreau

from his Journal November 11, 1851

"This curious world which we inhabit is more wonderful than it is convenient; more beautiful than it is useful; it is more to be admired and enjoyed than used. To see the sun set or the moon rise, one must go to the expense of staying up all night. To get a wild, centrifugal, joy-bursting song of a bobolink, one must run the risk of getting wet in the grass."

Sharing...
a word...
a phrase...
a reflection...

Reminders:

Come on time or better yet, **COME EARLY**
Honor the silence
Share briefly from your prayer experience
Listen to each other
No cross talk during the sharing