

Song

I Have Energy for this Life

I've carried too much, I've held on too long
I've tried to control what was never mine
My body is tired, my mind needs space
Breathing slowly, I return to myself
Love survives distance, Love doesn't need fear
I can let go and still keep love near
My thoughts get loud, I write them down
I leave them on paper, I clear my mind
I don't need answers to everything now
I make room for something new

Chorus

*I have energy for this life, I have strength for what is mine
I release what I can't carry, I leave the fear behind
My body rises, My mind grows clear
I don't need control to know that love is here
I can be happy, I can receive,
There's more for me, I choose to believe*

New is not a burden, new gives me space
A different road can be a better place
I trust my choices, I soften inside
I don't have to fight the direction of my life.
Right people, right moments, right doors, right time
I don't have to force it, what is right can arrive
Less resistance, more room to breathe,
less fear of tomorrow, more trust in me.

Chorus

Prayer Leader:

Syndie Eardly
10/ 13-14 / 2026

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Shenpa: Leaning into the Energy



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.

To Ponder

Taking the Leap

By Pema Chodron

The Tibetan word *shenpa* is translated as attachment. Here's how *shenpa* shows up in everyday experiences. Somebody says a harsh word and something in you tightens; instantly you're hooked. That tightness quickly spirals into blaming the person or denigrating yourself. The chain reaction of speaking or acting or obsessing happens fast. Maybe, if you have strong addictions, you go right for your addiction to cover over the uncomfortable feelings. The *shenpa* itself is not the problem. The ignorance that doesn't acknowledge that you're hooked, that just goes unconscious – that's the problem.

To counteract it, we bring our full compassionate attention to being hooked. There is a practice for learning to stay with the energy of uncomfortable emotions.

Step one: Acknowledge that you are hooked.

Step two: Pause, take three conscious breaths and lean into the energy. Experience it fully. Get curious. How does it feel in your body? What thoughts does it give birth to? It's a process of staying awake and compassionate, interrupting the momentum, and refraining from causing harm.

Step three: Relax and move on.

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

Reading

Prayer for Releasing Shenpa

I seek grace to loosen my grip on what is draining my spirit and pulling me away from Your peace.

Forgive me for the ways I have looked to temporary things or other people for the security and worth that belong to You alone.

Heal the places inside me that learned to cling out of fear, anxiety, or a need for control.

Sever the unhealthy ties and emotional weights that bind my mind and spirit.

Grant me the wisdom to discern what deserves my energy and the courage to release what does not serve my growth.

Sharing. . .

a word...

a phrase...

a reflection...