

Perhaps Love John Denver

Perhaps love is like a resting place / A shelter from the storm
It exists to give you comfort / It is there to keep you warm
And in those times of trouble / When you are most alone
The memory of love will bring you home

Perhaps love is like a window / Perhaps an open door
It invites you to come closer / It wants to show you more
And even if you lose yourself / And don't know what to do
The memory of love will see you through

Oh, love to some is like a cloud / To some as strong as steel
For some a way of living / For some a way to feel
And some say love is holding on / And some say letting go
And some say love is everything / And some say they don't know

*Perhaps love is like the ocean / Full of conflict, full of pain
Like a fire when it's cold outside / Or thunder when it rains
If I should live forever / And all my dreams come true
My memories of love will be of you*

And some say love is holding on
And some say letting go
And some say love is everything
And some say they don't know

Thank You For Joining Us!

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The Spirituality of Letting Go



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: Robert J. Wicks

Wicks quotes Anthony de Mello who wrote, “if you look carefully you will see that there is one thing and only one thing that causes unhappiness. The name of that is attachment. What is attachment? An emotional state of clinging caused by the belief that without some particular thing or some person you cannot be happy.”

Once again, this does not mean that we cannot enjoy people, things, and occurrences in life. Far from that, we can see that those whom we admire for their selfless work are the very ones who completely embrace what they have been given. They are not captured by their appreciation of their gifts in a way that makes them feel as if they can no longer serve or that they must have something in particular in life as a price for their own happiness....This is the case with letting go of our opinions and habits as well – we can benefit by valuing them without being too attached. If we are to accomplish such a ‘letting go’ in this arena, we need a sense of prayerfulness and spiritual awareness that allows us to zoom out and see a bigger picture....If we are to let go and greet new attitudes, possibilities, and broader ways of viewing events, experiences, others, and – yes – even ourselves, we must be willing to move into the uncertain, gray areas of life. It is in this spiritual and psychological space that we can experience so much more if we let go.

Philip Simmons, who contracted Lou Gehrig’s disease, spoke about this in terms of more ultimate ‘letting go’ experiences in his book, *Learning to Fall*:

I can’t hike the high mountain ridges anymore, I tell myself, but I can take my wheelchair out on a mountain road and smell the balsam fir. It’s all a matter of perspective, we like to say. But I’ve learned the hard way that too often the comfort provided by such thoughts resembles the brief high I get from eating chocolate; soon after, I plunge into irritability and depression. The approach I’ve found more helpful is also more difficult. It is born out of paradox: that we deal most fruitfully with loss by accepting the fact that we will one day lose everything. When we learn to fall, we learn that only by letting go our grip on all that we ordinarily find most precious – our achievements, our plans, our loved ones, our very selves – can we find, ultimately, the most profound freedom. In the act of letting go of our lives, we return more fully to them.

Wicks concludes...this is one of the core spiritual tenets given to us by Christ: ‘Whoever tries to hold onto his life, loses it. Whoever loses his life for my sake, saves it.’ What this means to us and how we live out of a life of freedom – in which we are not grasping but enjoying, not collecting but sharing – will determine much about the level of maturity one’s personal inner formation reaches.”

Reading: Psalm 62 Nan Merrill's *Psalms for Praying*

For You alone my soul waits in silence;
From the Beloved comes my salvation.
Enfolding me with strength and steadfast love,
My faith shall remain firm....
In the Silence rests my freedom and my guidance, for
You are the Heart of my heart,
You speak to me in the Silence.

Trust in Love at all times, O people
Pour our your heart to the Beloved;
Let Silence be a refuge for you. ...

Once You have spoken,
Twice have I heard;
Our potential gifts belong to You;
To You, O render to us all that we offer to You—
Fear begets fear,
Love begets love.
For You alone my soul waits in silence;
From the Beloved comes Life, Love and Light

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