

## *To Ponder*

### **Rebuilding from the Bottom Up**

*By Richard Rohr, OFM (Nov. 11, 2016)*

Every four years, a significant portion of the United States is disappointed with the outcome of our national election. Still, this election has felt different. There was a palpable fear and anger leading up to Election Day, and for many it has grown even stronger. This fear is felt deeply by those who are most vulnerable in our country.

A time of national introspection must begin with self-introspection. Without our own inner searching, any of our quests for solutions and policy fixes will be based in shifting sands. I suspect that we get the leaders who mirror what we have become as a nation. They are our shadow self for all to see. That is what the Jewish prophets told Israel both before and during their painful and long Exile.

Yet Exile was the very time when the Jewish people went deep and discovered their prophetic voices speaking truth to power, calling for justice. Maybe some of us naively thought that we could or should place our loyalty in a political agenda or party. Remember, Yahweh told Israel that they should never put their trust in “princes, horses or chariots” but only in the love of God. We must not imagine that political or programmatic changes — of themselves — will ever bring about the goodness, charity or transformation that the Gospel offers the world.

Our message is not primarily political, it is much more pre-political and post-political — with huge socio-political implications. We thus need to rebuild from the bottom up! Grounding social action in contemplative consciousness is not a luxury for a few, but surely a cultural necessity. Both the Christian religion and American psyche now need deep cleansing and healing, and I do not say that lightly.

Only a contemplative mind can hold our fear, confusion, vulnerability and anger and guide us toward love. Let’s use this milestone moment to begin again with confidence and true inner freedom and to move out into the world with compassion.

## *Reading*

### **Psalm 33**

The Lord brings the counsel of the nations to nought;  
he frustrates the plans of the peoples.  
The counsel of the Lord stands forever,  
the thoughts of his heart to all generations.  
Blessed is the nation whose God is the Lord,  
the people whom he has chosen as his heritage!

A king is not saved by his great army;  
a warrior is not delivered by his great strength.  
The war horse is a vain hope for victory,  
and by its great might it cannot save.  
Behold, the eye of the Lord is on those who fear him,  
on those who hope in his steadfast love,  
that he may deliver their soul from death,  
and keep them alive in famine.

Our soul waits for the Lord;  
he is our help and shield.  
Yea, our heart is glad in him,  
because we trust in his holy name.  
Let thy steadfast love, O Lord, be upon us,  
even as we hope in thee.

### **Sharing...**

**a word...**

**a phrase...**

**a reflection...**

## Song

### Trust in God by The Winans

Bottles up every tear,  
Understands every fear;  
So we must put our trust in God.

Knows the reasons why,  
Nights we must sit and cry;  
So we must put our trust in God.

Even though sometimes the load  
Makes you feel your life  
is almost gone.

Just look up tomorrow's sun  
Will let you know  
your life's not done,  
Just look around  
love's pouring down;  
Trust in God,  
Doo, doo, doo, doo.

He understands everything,  
Healing is in His wings;  
So we must put our trust in God.

He shows how much He cares,  
By sharing the load we bear;  
So we must put our trust in God.

Even when we don't understand  
And it seems our world is falling  
apart.

Trust in God,  
Doo, doo, doo, doo.  
Only trust, trust in God  
Tis so sweet to trust in God.  
Oh for grace to trust in God.  
Trust in God.

## Thank You For Joining Us!

Your Prayer Leader

Syndie Eardly

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# Let contemplation guide us to action rooted in love



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.