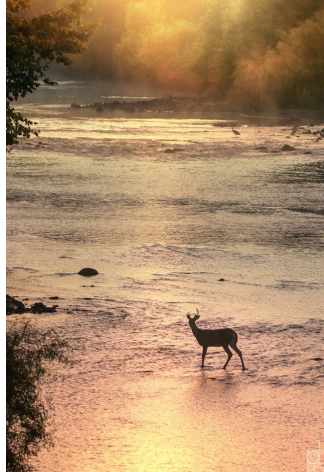


Day by Day* from GODSPELL

Day by day,
day by day,
O Dear Lord,
three things I pray:
to see thee more clearly,
to love you more dearly,
to follow you more nearly
day by day.

*words from a prayer attributed to
St. Richard of Chichester (1197-1253)



Do what you are doing – on purpose.



Photo by Rob Blair



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.

Renew · Refresh · Refocus

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2 / 6 / 2018

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To Ponder:

Today we face a world of too much complexity, fragmentation, noise, stimulation and haste. We sometimes find ourselves overwhelmed by the sheer weight of responsibilities and tasks, and strained and hurried by appointments and commitments. Commercialism can hold sway. But there is another way to be in the world... to live from Holy Center, the Divine Center Who abides in us, Who can speak in us and through us at all times – if we listen.

Each of us can live a life of power and peace and serenity, of integration and confidence – if we really want to. Do we really want to? Do we really want to be a mystic and prophet in our world? If so, what should we do? The answer is surprisingly simple: Do what you are doing – on purpose.

Thomas Keating in [Contemplative Outreach News \(1996\)](#)

Each one of us is a mystic. We may or may not realize it, we may not even like it. But whether We know it or not, whether we accept it or not, mystical experience is always there, inviting us on a journey of ultimate discovery. We have been given the gift of life in this perplexing world to become who we all are: creatures of boundless love, caring compassion, and wisdom. Existence is a summons to the eternal journey of the sage - the sage we all are, if only we could see.

Wayne Teasdale, *The Mystic Heart*

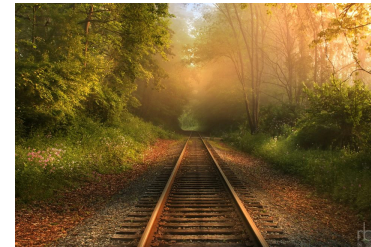
Reading: Nan Merrill, *Psalms for Praying* from Psalm 41

Who among us hears the cry of the poor?
How many open their hearts
and heed the Call?

The plight of the world is a wound
in the very Heart of Love,
a scar on our own souls.

Blessed are they who lovingly respond!
The Friend who knows all hearts,
will remember their kindness.

They will know joy, peace and deep fulfillment
working together in harmony
with all who serve toward healing the needs
of this troubled world.



Sharing...

a word...

a phrase...

a reflection...