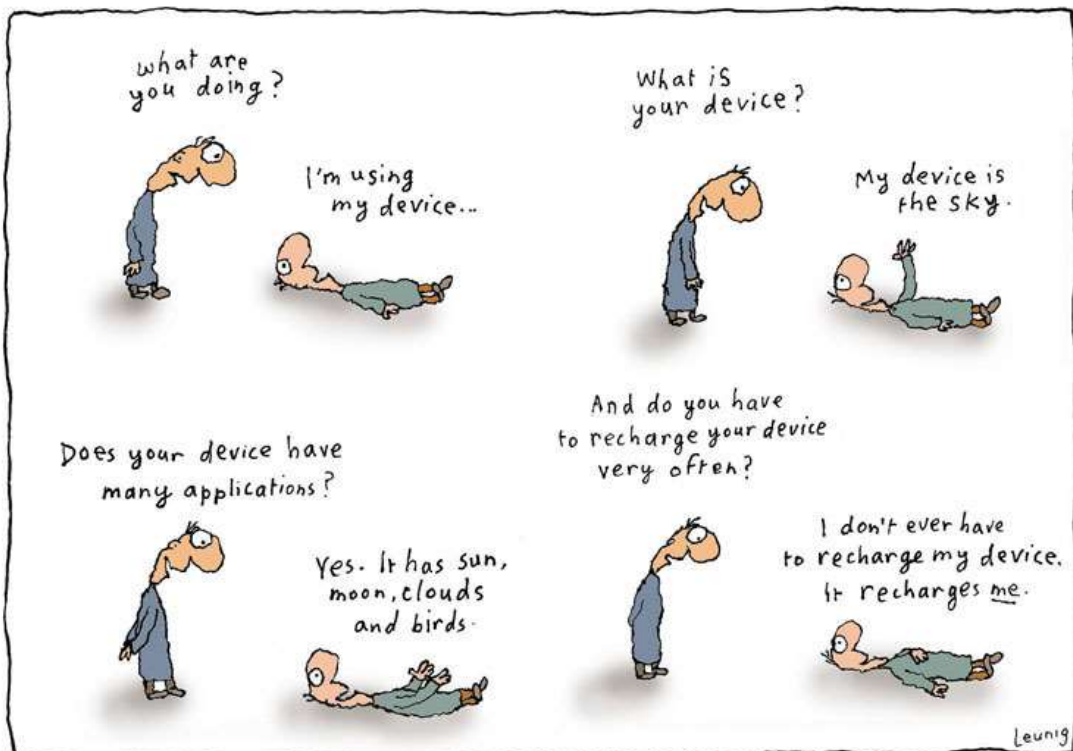


No.7 5 May, 2020

Dear God,  
 We pray for another way of being:  
 another way of knowing.  
 Across the difficult terrain of our existence  
 we have attempted to build a highway  
 and in so doing have lost our footpath.  
 God lead us to our footpath:  
 Lead us there where in simplicity  
 we may move at the speed of natural creatures  
 and feel the earth's love beneath our feet.  
 Lead us there where step-by-step we may feel  
 the movement of creation in our hearts.  
 And lead us there where side-by-side  
 we may feel the embrace of the common soul.  
 Nothing can be loved at speed.  
 God lead us to the slow path; to the joyous insights  
 of the pilgrim; another way of knowing: another way of being.  
 Amen. (Leunig)



Come, let's stand by the window  
 and look out at the light on the field. Let's watch how the clouds  
 cover the sun and almost nothing stirs in the grass.

(from *The Moon of August* by Danusha Lameris, Autumn House Press, 2014)

**Maria Shriver** (taken from Maria Shriver's Sunday Paper online):

*Maria Shriver shares how she found meaning in creating a new narrative about herself by taking some time off from work, social media, and endless commitments to engage with her experiences including that of her niece committing suicide*

As I slowed down, I noticed sparks of joy emerge inside of me. I felt the joy of not being rushed. I felt the joy of being disconnected from social media. My anxiety slowly gave way to a new tempo, one that felt peaceful and calm. You see, we can all walk around seemingly alive but feel dead on the inside. We're all running around doing things that bring us no joy or meaning. We stay in jobs, relationships, or situations well past when we should, incorrectly believing that life doesn't have more in store for us. In quieting down, though, I came to realize that everything is in flux. Death and rebirth are everywhere. They are all the more reason to be less hurried and to pay more attention to what is. After all, all we have is this moment. I realized that so much of my life has been spent in the hunt, climbing the ladder of so-called success. I've spent so much time judging myself and trying to prove myself while looking to others for approval and validation. I've spent so much time trying to fix myself, only to now realize that I'm already whole. I came to realize that I was already lovable. I was already loved unconditionally by God and by myself. I gasped and felt a huge sense of relief wash over me. Slow down. Breathe. Be still. You are lovable. You are loving. You are brave. You are strong. You are worthy. You are good. Turns out, the stillness and simplicity I had been yearning for wasn't outside. It was within me all along. It's just that I'd never slowed down long enough to gain access to it. Turns out the words I'd been using to push myself only left me feeling distressed, small, scattered, unaccomplished, broken, and unlovable. I am discovering a new narrative that is exactly the opposite. Today, it brings me joy to be who I am. I feel good knowing that I am here to be of service. I am here to share my story — the dark and light of it. I am here to use my voice whenever I can to help others. I am also here to use it to be of service to my friends, my family, my community, my state, and my country as I see fit. My new narrative, unlike my old one, is loving. It's kind. It's supportive. It's encouraging. It's nonjudgmental. It no longer compares me to giants in my family long gone. It instead recognizes all that I am and all that I have been through. It allows me to look forward with loving-kindness and passionate purpose. We can each craft a narrative for ourselves that is loving, positive, encouraging, motivating, powerful, and true. Tell your story that way, then get about living it.



*Heartstones, Cindy McKenna*

**Cynthia Bourgeault:** "Witnessing presence is at the gravitational centre of one's being and requires a significant degree of inner presence to sustain . . . Guard your heart!"

- What would it mean to guard my heart?
- How could living from this ground of being, frequently tuning into it, deepen my capacity to maintain inner presence when the going gets rough?

May we grow in presence to ourselves, to one another, to our universe and to the Mystery of Life, God ever-present among and within us.

*Elaine*