

Quiet Space for Reflection

May 26, 2020

Practice of Presence: While seated in a quiet place, feet on the floor, hands in lap, eyes closed, take 3 slow, intentional deep cleansing breaths.

Lectio Divina (sacred reading)

Read silently (reflect)

Read aloud to yourself (respond silently to yourself, or say your thoughts aloud to someone with you, or e-mail them to our group to share.)

Rest in your reflections (perhaps re-read the passage again to affirm what it has to say to you. Do any particular parts of this reading speak to you?)

First Reading:

Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that he breathed on them and said, "Receive the Holy Spirit." John 20:21-22

Second reading:

The SPIRIT is like breath.

The SPIRIT inhaled and exhaled in a million quotidian ways, animates, revives, nourishes, sustains, speaks. It is as near as the nose and as everywhere as the air, so *pay attention*.

The SPIRIT is like fire.

When God made the church, the Spirit blazed in little fires that rested over his people's heads. "Quench not the Spirit," the apostle wrote. It is as necessary and as dangerous as fire, so stay alert; *pay attention*.

The Spirit is like a seal,

an emblem bearing the family crest, a promise of belonging, protection, favor.

... the seal of the gift of the Holy Spirit. It's as invisible as your breath but as certain as your skin. So *pay attention*; don't forget who you are.

The Spirit is like wind,

earth's oldest sojourner, which in one place readies a sail, in another, whittles a rock, in another commands the trees to bow, in another gently lifts a bridal veil. Wind knows no perimeter.

There is no city, no village, no wilderness where you cannot find it, so *pay attention*.

The Spirit is like a bird,

fragile alloy of heaven and earth, where wind and feather and flight meet breath and blood and bones. So, look up and sing back, catch the light of God in a diaphanous scrim of wing. *Pay attention*.

The Spirit is like a womb, from which the living are born again.

We emerge ... into a reanimated and freshly charged world. There are so many new things to see, so many gifts to give and receive, so many miracles to baffle and amaze, if only we *pay attention*, if only we let the Spirit surprise and God catch our breath. ~ Rachel Held Evans, **Searching for Sunday**

Music for Reflection (for Gaia by Mickey Hart) <http://fpcburlington.org/wp-content/uploads/2020/05/01-4-for-Gaia.m4a>