**Open The Door** **2024-05-08 RISCC Newsletter**

*The poem of new life that comes every dawn, the soaring of the sun, that is a door…..*
*Abre la Puerta, open the door.*
--Clarissa Pinkola Estes

Early to bed early to rise, a motto I have lived by for most of adult my life.
It's the pre-dawn hours, as the roosters are crowing and the song birds begin singing when my mind is the quietest and I am reminded of Gods infinite grace and goodness. It's also the time I use for peaceful reflection, to invite God to join me once again to travel this day together.

As the spring is upon us, most mornings I can be found in the yard with the dog as daylight is appearing with the sun on the horizon. As the muted light of the pre-dawn hours shift and the shades of red, orange, and blue fade away, the sun rises changing the cool air of the night into the warmth of the day, I thank the Creator.
The sunrise reminds me of new hopes, new possibilities and the awareness of the blessings each new day brings. Its hope that challenges me to follow the path the Creator has provided for me without fear, to love and serve others. It's a time for the opportunity and the hope that I will live my life with gratitude as a state of being, a phrase I learned from a colleague over the Lenten season. The more we talked about it, the more intrigued and curious I became. I like to think I'm grateful most of the time but I hadn't thought of gratitude as a state of being and what that could mean.
In cultivating gratitude as a state of being, we shift our focus from what is lacking to what is abundant. We recognize the blessings that we often take for granted-our health, our relationships, and our freedoms. Gratitude as a state of being is not dependent on external circumstances or material possessions. It's a choice, a mindset, a way of approaching life with an open mind, open hands and an open heart. It is an acknowledgment of the interconnectedness of all things and of the goodness that exists within us and around us.

As the poet Estes expresses to us; the sun is a door…open the door.
Open the door and embrace the possibilities with the mysteries it brings, be bold and courageous.
Let's open the door to the love of the Spirit that teaches us and compels us to be hopeful, loving, compassionate and grateful people. Let's open the door to gratitude as a state of being.

*Divine Creator,*
*Thank you for the Your presence in our lives.*
*Thank you for the beauty of the world You offer us.*
*Thank you for opening our hearts and our minds to the needs of others.*
*May we be thankful for the challenges that strengthen our spirits and deepen our resilience.*
*May we trade fear for faith and surrender our worries as we trust in the wisdom of our Creator.*
*O Creator help us to change our mindset,*
*help us to open the door to gratitude as a state of being.*

*We Pray This In The Name Of All Things Holy, Amen*

Blessings to All,

Rev. Tracey Griffing
Minister of Community Prayer
RISCC