

As I mentioned in my welcome, this morning I'll share passages of inspiration about love, and about our first four core values. After each, I'll offer a moment or two of silence, and a few gently guided reflection questions/statements that you can hold lightly in your heart-mind. If you do jot down any thoughts/insights that appear, you can keep it for your spiritual practice at home, or you can add it to the butterfly nets at our Love Offering if you want to share your insights with me, or have me hold you in prayer about a specific area.

Let's begin by coming into stillness, and centering together...

Gently close your eyes or simply let your gaze settle in front of you...

Sense your feet resting on the floor and notice all the places where your body is supported as you sit...

taking a deep breath in... and ...out...allow yourself to arrive gently and fully in the stillness and softening of this moment...

Listen to the voice of Spirit gently speaking to your heart and mind...

and set your intention for this inward journey trusting that as you go deeply inside, you affirm that you rest always in the ever-present love of God...

Breathing in, and out... bring your awareness now to your heart center...

sense the rhythm of your heart beating, and sense the physical space of your whole heart center...

It's all about love.

~ Meister Eckhart **To See as God Sees**

It is your destiny to see as God sees, to know as God knows, to feel as God feels.

How is this possible? How? Because Divine love cannot defy its very self.

Divine love will be eternally true to its own being,
and it's being is giving all it can, at the perfect moment.

And the greatest gift God can give is God's own experience.

Every object, every creature, every man, woman and child has a soul and it is the
destiny of all to see as God sees, to know as God knows,
to feel as God feels,
to Be as God Is.

- Breathe into the Divine love that cannot defy itself...love that is eternally true to its own being...that is giving all it can
 - How is this Love showing up for you, AS you?

- **We are a Spirit-centered community**

~ Jessica Powers excerpt from **To Live with The Spirit**

"To live with the Spirit of God is to be a listener.

It is to keep the vigil of mystery,
earthless and still.

One leans to catch the stirring of the Spirit,
strange as the wind's will.

The soul that walks where the wind of the Spirit blows
turns like a wandering weather-vane toward love.

It may lament...

It may rejoice...

Always it walks in waylessness, unknowing;...

To live with the Spirit of God is to be a lover.

It is becoming love..

The soul is all activity, all silence;

and though it surges Godward to its goal,

it holds, as moving earth holds sleeping noonday,

the peace that is the listening of the soul.

- How are you listening, feel the wind of spirit calling you, using discernment as guidance for decisions, for calling in divine guidance
- How are you nurturing your relationship to the Divine?

- **We warmly welcome all**

~ Rumi, translation by Coleman Barks

The Guest House

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

- How are you part of “letting everyone in”?
- How are you inviting all of life’s circumstances to be a guide from beyond?

- **We embrace diversity**

~Hafiz

If God invited you to a party and said,
“Everyone in the ballroom tonight will be my special guest,” how would you
then treat them when they arrived?

Indeed! Indeed!

And Hafiz knows that there is no in this world who is not standing upon
God’s jeweled dance floor.

- Diversity of experience, of background: *What habit could you add or change in your daily routine that would bring different cultures into deeper dialogue either directly or indirectly?*
- Diversity of expression of our divine nature: We EMBRACE the DIVINE ESSENCE OF ALL BEINGS!
- Are we actively working to understand and transform our relationship to the complex culture in which we live? *How can you be a part of promoting deeper dialogue that will strengthen the personal ties that sustain diversity?*

- **We walk our talk with integrity**

~Howard Thurman

“There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will... spend your days on the ends of strings that somebody else pulls.”

- The word integrity encompasses the ethics and codes of conduct that help us co-exist and thrive in community.
- And yet, the root of the word also points to the sense of being “whole and intact.”
- How do your choices stem from a desire to be whole and intact as an individual-- to make choices that go deeper than “do no harm.”
- How are you, no matter what age or stage you are-- continuing to grow fully into who God calls you to be?

Source of all Love, Eternal One, Sweet Spirit, may our time together this morning give us the courage to listen to Your voice, to walk with You into every step of the unfolding path. Help us remind each other we are beloved of God, dancing on the same bejeweled dance-floor of all of creation. And so it is. Amen!