

Today as my invitation to *you*, I'll share passages that have inspired and challenged *me* to reflect on how I am showing up as an expression of love-- about how our core values of joy, compassion, sacred service and spiritual abundance invite me to awaken more fully to the transforming power of Divine Love.

After each passage, I'll offer a few gently guided reflection questions, and a few moments of silence. So the rhythm will be passage/ reflection questions/ silence, repeat, ending with a space of silence. You can simply use this whole time as an extended meditation, holding it all lightly in your heart-mind listening for the voice of God within, or you can use that time of listening to then jot down any insights that appear.

If you decide to write anything, 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...

Breathing in...I am guided by the spirit of love

Breathing out... I am following love

Breathing in...my heart is open wide and free

Breathing out...all is possible in love

Your infinite love made me

Made everything I see  
Let my soul know the truth  
All that will ever be is your infinite love

I am held in arms of Love

I am here to love  
I am here to serve  
I am here to be the Love of God

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- **We are compassionate**

~ Steve Garnass-Holmes, reflection in *Unfolding Light*, May 16

God of mercy,  
our hearts are broken  
for the violence that surrounds us,  
the violence that is within us.  
Heal our rage;  
mold it like a potter  
into wisdom and courage.  
But do not unbreak our hearts.  
Let them remain shattered  
for those who grieve—  
for we are all one family—  
and for our own part  
in a nation of violence.  
Mold our sorrow  
with your strong and steady hands  
into wisdom and courage,  
that we may speak and act

to assist in the mending of this world,  
in the strength of your gentleness,  
the might of your mercy,  
the power of your love.

- How are you listening to your Holy Heartbreak and the voice of God whispering to your compassionate heart?
- How has shifting your perspective to remember our Oneness in God helped you find compassion and self-compassion?

- **We are joyful**

~ Desmond Tutu, in *The Book of Joy Is it called again*

“Discovering more joy does... not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily, too. Perhaps we are just more alive. Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreak without being broken.”

~ And From Starr Regan DiCiurcio in *Divine Sparks*

“Joy is an enduring encounter with spirit...It is a reflection of coming into wholeness, into our true selves. ... As we share our joy and our suffering, we come to know our own humanity. It is at once extraordinary and singular, as well as universal and timeless. The particulars of our joy are known to us, but if we look deeply, they unite us to all those who have been uplifted in the same way. The depths of our sorrow feel isolating and beyond anyone else’s comprehension. In fact, that very pain is the path to a true understanding of our brothers and sisters across all time and cultures. ”

- How have the particulars of your joy uplifted you? Where do you discover joy?
- How has joy helped you face suffering-- yours or the suffering of another, that is also yours?

- **We practice sacred service**

~The first letter of Peter exhorts us: **1 Peter 4:9-11**

**9**Show hospitality to one another without complaining. **10**As good stewards of the manifold grace of God, each of you should use whatever gifts you have received to serve one another. **11** If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised...

~from Peace activist Fran Peavey

“There are opportunities for service all the time...Wherever you are, whatever you're doing, you can serve there. It doesn't have to be a big idea. It can be right where you are.

- We are called by the same voice of Love, but we are not all called to the same service-- where are you called to be of sacred service?
- How has being of loving service called you into compassion and joy?
- What gifts of grace do you share in your daily life?

- **We claim spiritual abundance**

~ From *Prayers of the Cosmos*, by Neil Douglas-Klotz

“Ask and you will receive, so that your joy may be complete.” (John 16:24)

All things that you ask straightly, directly, that you desire--  
like an arrow to its mark,  
like birds to their watering place--

from the Breathing Life of All, Father- Mother of the Cosmos,

With my *shem*--

... from inside my Name--

you will be given.

So far you haven't done this.

So ask without hidden motive and  
be surrounded by your answer--  
be enveloped by what you desire--  
that your gladness be full--  
that the joy of goals met here

    may continue its story to perfection in Unity--  
that the animal life in you  
find its lover in the Cosmos.

- How has grace helped you to “ask without hidden motive” and trust the Breathing Life of All will surround you by your answer?
- What are your obstacles to asking straightly, directly for the abundance that is provided by the infinite goodness of God?

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Breathing Life of All, Father-Mother of the Cosmos, we ask you straightly,  
directly, like arrows to their mark, like birds to their watering place--

Help us live the truth that we are held in love

Breathing in...we are guided by the spirit of love

Breathing out... we are following love

Breathing in...our hearts are open wide and free

Breathing out...all is possible in love

Your infinite love made us

Made everything we see

Let our souls know the truth

All that will ever be is your infinite love

We are held in arms of Love

We are here to love

We are here to serve

We are here to be the Love of God. And so it is. Amen.