

We light a light In the name of God who creates life In the name of the Savior who loves life In the name of the Spirit who is the fire of life

Musical Reflection ~ <u>Come and Find the Quiet Center</u> by Fran McKendree

Then, calling the crowd to join his disciples, he said, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.

~Mark 8:34

Abandon the illusion you're a self-contained individual. Be a part of this wounded world, and find yourself with Christ.

Set aside your own desires, give yourself fully for others; be the hands and heart of Jesus.

Renounce self-protection, accept your brokenness, and reach out for love.

Let go of your own plans. Join in the healing of the world. You will not be alone.

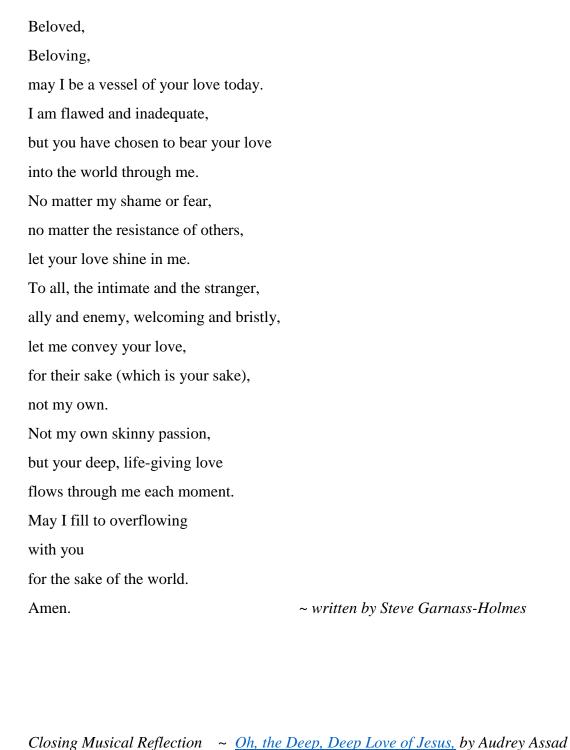
Follow your soul, not your ego. Follow it right into people's suffering. Follow it right into the heart of God.

Pour yourself out; let the world pour in; then you are one with the Beloved.

~ written by Steve Garnaas-Holmes and posted on Unfolding Light.

Please turn over......

Musical Reflection ~ <u>Breathe on Me, Breath of God, by Larry Hall; There is Sunshine in My Soul, Take</u> Time to Be Holy, by Lyle K. Hadlock; From the Ground Up by Sleeping at Last.



Song playlist on Spotify "Contemplative Clarity" by Ninabeth Metcalf