



*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 ~
 Come and Find the Quiet Center by Fran McKendree*

Jesus left that place and went into the region of Tyre. He didn't want anyone to know that he had entered a house, but he couldn't hide. In fact, a woman whose young daughter was possessed by an unclean spirit heard about him right away. She came and fell at his feet. The woman was Greek, Syrophenician by birth. She begged Jesus to throw the demon out of her daughter. He responded, "The children have to be fed first. It isn't right to take the children's bread and toss it to the dogs."

But she answered, "Lord, even the dogs under the table eat the children's crumbs."

"Good answer!" he said. "Go on home. The demon has already left your daughter." When she returned to her house, she found the child lying on the bed and the demon gone.

~ Mark 7:24-30 CEB

Gracious and Holy One, creator of all things and of emptiness,

I come to you

full of much that clutters and distracts,
 stifles and burdens me,
 and makes me a burden to others.

Empty me now

of gnawing dissatisfactions,
 of anxious imaginings,
 of fretful preoccupations,
 of nagging prejudices,
 of old scores to settle,
 and of the arrogance of being right.

Empty me

of the ways I unthinkingly think of myself as powerless,
 as a victim,
 as determined by sex, age, race,
 as being less than I am, or as other than yours.

Empty me

of the disguises and lies
 in which I hide myself from other people
 and from my responsibility for my neighbors and for the world.

Hollow out in me a space

in which I will find myself,
 find peace and a whole heart,
 a forgiving spirit and holiness,
 the springs of laughter,
 and the will to reach boldly
 for abundant life for myself
 and the whole human family.

written by Ted Loder

Please turn over.....

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

Now,
O Lord,
calm me into a quietness
that heals
and listens,
and molds my longings
and passions,
my wounds
and wonderings
into a more holy
and human
shape.

~ written by Ted Loder

Closing Musical Reflection ~ Oh, the Deep, Deep Love of Jesus, by Audrey Assad

Song playlist on Spotify ["Contemplative Clarity"](#) by Ninabeth Metcalf