



*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*

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 ~ [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](#).

Beloved,
Beloving,
may I be a vessel of your love today.
I am flawed and inadequate,
but you have chosen to bear your love
into the world through me.
No matter my shame or fear,
no matter the resistance of others,
let your love shine in me.
To all, the intimate and the stranger,
ally and enemy, welcoming and bristly,
let me convey your love,
for their sake (which is your sake),
not my own.
Not my own skinny passion,
but your deep, life-giving love
flows through me each moment.
May I fill to overflowing
with you
for the sake of the world.
Amen.

~ written by Steve Garnass-Holmes

Closing Musical Reflection ~ [Oh, the Deep, Deep Love of Jesus](#), by Audrey Assad

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