



*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 ~ [The Summons](#) by John Bell*

Who is wise and understanding among you?

Show by your good life that your works are done with gentleness born of wisdom.

But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind.

But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy.

And a harvest of righteousness is sown in peace for those who make peace.

~ James 3:13-18

Sometimes Lord,

It just seems to be too much:

too much violence, too much fear;

too much of demands and problems;

too much of broken dreams and broken lives;

too much of war and slums and dying;

too much of greed and squishy fatness

And the sound of people

Devouring each other

And the earth;

too much of stale routines and quarrels,

unpaid bills and dead ends;

too much of words lobbed in to explode

and leaving shredded hearts and lacerated souls;

too much of turned-away backs and yellow silence,

red rage and bitter taste of ashes in my mouth.

Sometimes the very air seems scorched

by the threats and rejection and decay

until there is nothing

but to inhale pain

and exhale confusion.

*Please turn over.....*

Too much of darkness, Lord,  
too much of cruelty  
and selfishness  
and indifference . . .  
too much, Lord,  
too much  
Too bloody,  
bruising,  
brain-washing much.

Or is it too little,  
too little of compassion,  
too little of courage,  
of daring,  
of persistence,  
of sacrifice;  
too little of music  
and laughter  
and celebration?

O God,  
make of me some nourishment  
for these starved times,  
some food for my brothers and sisters  
who are hungry for gladness and hope,  
that, being bread for them,  
I may also be fed  
and be full.

~ written by Ted Loder.

*Musical Reflection ~ [Sonata Pathetique by Marcel Dupuis](#), [Ponte Vecchio by Indigo Mazati](#), [All Creatures of Our God and King played by Steven Sharp Nelson](#), [Cello Suite No.1 in G Major & Dona Nobis Pacem, by YoY o Ma](#)*

Lord, make me an instrument of thy peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console;  
To be understood, as to understand;  
To be loved, as to love;  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to eternal life.

*Closing Musical Reflection ~ [Prayer of Saint Francis](#), by Sarah McLachlan*

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