

Centering Times-CDC Annual Meeting 06/2022

FRIDAY

8:30

1. Centering, silent reflection and prayer

As we move through this meeting reflecting on the theme of Tending Transformation, I invite you to bring your whole being—your mind, your spirit and your body.

We'll begin each time of centering, praying with our bodies a prayer based on the writings of Julian of Norwich. After the body prayer, we'll receive a blessing to carry us in our work. One note: If, like me, you're sometimes uncertain about moving your body in prayer, I invite you to participate at whatever level feels good to you and breathe into it. Stand or sit as your body directs you and prepare for prayer. I'll show you the motions one time and then invite you to join me.

Julian's prayer has four parts:

AWAIT (With your hands at your waists, cupped up to receive) Await God's presence, not as we expect, hope, or imagine, but just as it is in this moment.

ALLOW reaching up, with open hands, Allow a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT holding your hands at your heart, cupped towards your body: Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept the infinity of God's presence, present whether or not you are aware.

ATTEND with hands outstretched, ready to be responsive Attend to what you are called to and to the actions that God invites you to from this stance of openness.

(From The Plural Guild <https://www.cascadialivingwisdom.com/body-prayer-julian-of-norwich>)

Now keeping your hands outstretched as we prepare to share our lives and work as part of Central District Conference, receive this blessing written by Jan Richardson:

Blessing the Way

With every step
you take,
this blessing rises up
to meet you.

It has been waiting
long ages for you.

Look close
and you can see
the layers of it,

how it has been fashioned
by those who walked
this road before you,

how it has been created
of nothing but
their determination
and their dreaming,

how it has taken
its form
from an ancient hope
that drew them forward
and made a way for them
when no way could be
seen.

Look closer
and you will see
this blessing
is not finished,

that you are part
of the path
it is preparing,
that you are how
this blessing means
to be a voice
within the wilderness

and a welcome
for the way

(From *Circle of Grace: A Book of Blessings for the Seasons*, 2015, p. 37)

Friday

10:45am

Centering

Let's pray again the body prayer we learned yesterday. Remember the four parts: Await, Allow, Accept, Attend. Now I invite you to stand or sit as you're comfortable.

AWAIT (With your hands at your waists, cupped up to receive) we Await God's presence, not as we expect, hope, or imagine, but just as it is in this moment.

ALLOW reaching up, with open hands, Allow a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT holding your hands at your heart, cupped towards your body: Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept the infinity of God's presence, present whether or not you are aware.

ATTEND with hands outstretched, ready to be responsive Attend to what you are called to and to the actions that God invites you to from this stance of openness.

Now, keeping your hands outstretched, as we prepare to move forward into the business of CDC, remembering that Faith Begins By Letting Go, receive this blessing written by Jan Richardson.

In the Leaving, In the Letting Go

In the leaving,
in the letting go,
let there be this
to hold onto
at the last:

the enduring of love,
the persisting of hope,
the remembering of joy,

the offering of gratitude,
the receiving of grace,
the blessing of peace.

(From *Circle of Grace: A Book of Blessings for the Season*, 2015, p. 166)

Friday, 1:30pm

Centering

Let's again invite God's presence through the body prayer.

AWAIT (With your hands at your waist, open to receive) we Await God's presence, not as we expect, hope, or imagine, but just as it is in this moment.

ALLOW reach up, with open hands Allowing a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT holding your hands at your heart, cupped towards your body: Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept the infinity of God's presence, present whether or not you are aware.

ATTEND with your hands outstretched, ready to be responsive Attend to what you are called to and to the actions that God invites you to from this stance of openness.

Now, with your hands outstretched, as you attend to God's call for you, your congregation and CDC and the work we've been invited to as we tend transformation together, receive this blessing written by Macrina Wiederkehr

A Blessing Prayer

What is a blessing but a rain of grace falling generously into the lives of those in need; and who among us is without need?

May the Spirit touch your spirit in this midday pause.

May this day be a pathway strewn with blessings.

May your work this day be your love made visible.

May you breathe upon the wounds of those with whom you work.

May you open yourself to God's breathing.

May you honor the flame of love that burns inside you.

May your voice this day be a voice of encouragement.

May your life be an answer to someone's prayer.

May you own a grateful heart.

May you have enough joy to give you hope, enough pain to make you wise.

May there be no room in your heart for hatred.

May you be free from violent thoughts.

When you look into the window of your soul

may you see the face of God.

May the lamp of your life shine upon all you meet this day.

(From *Seven Sacred Pauses*, p. 85)

Saturday, 10:15am

Body Prayer

AWAIT (With your hands at your waists, cupped up to receive) we Await God's presence, not as we expect, hope, or imagine, but just as it is in this moment.

ALLOW reaching up, with open hands, Allow a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT holding your hands at your heart, cupped towards your body: Accept as a gift whatever comes or does not come. Accept that you are not in charge. Accept the infinity of God's presence, present whether or not you are aware.

ATTEND with hands outstretched, ready to be responsive Attend to what you are called to and to the actions that God invites you to from this stance of openness.

Now, as we near the end of our time together in this space and begin to think about what will happen this afternoon, tomorrow and next week, with your hands outstretched, claim this blessing, written by Jan Richardson, as a reminder that we are not alone in tending transformation.

When We Breathe Together

This is the blessing
we cannot speak
by ourselves.

This is the blessing
we cannot summon
by our own devices,
cannot shape
to our own purposes,
cannot bend
to our own will.

This is the blessing
that comes
when we leave behind
our aloneness,
when we gather
together,
when we turn
toward one another.

This is the blessing
that blazes among us
when we speak
the words
strange to our ears,

when we finally listen
into the chaos,

when we breathe together
at last.

(From *Circle of Grace: A Book of Blessings for the Seasons*, 2015, 167))