

## 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))