

SOUL BREAK

AT ST. JOHN'S ~ SANTA FE

REFLECTION *Faith* by Sharon Salzberg, from *The Buddha Is Still Teaching*, p. 148

August 19, 2020

Faith Is in the Waiting

I know that sometimes things are so bad that no matter what practices we do or what medications we take, we can't seem to generate even that small amount of faith we need for inspiration to keep going. Then, if we can stand inside our pain awhile and wait, over time we may come to also see it as a way into the deepest parts of ourselves and then back out into the world, a vehicle for new insight into who we are and how much we need to care for ourselves and one another. If there is nothing we can do right now but wait, then, as T. S. Eliot wrote, "the faith is in the waiting." If we can but wait, we may yet emerge from despair with the same understanding that Zen master Suzuki Roshi expressed: "Sometimes, just to be alive is enough."

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CLOSING PRAYER

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Giver of life and all good gifts: Grant us also wisdom to use only what we need; Courage to trust your bounty; Imagination to preserve our resources; Determination to deny frivolous excess; And inspiration to sustain through temptation. Amen.

—Patricia Winters
from *Life Prayers*, p. 115

BLESSING

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.

This opening to the life
we have refused again and again
until now.

Until now.

Amen.

—David Whyte,
from *Life Prayers*, p. 357



PRAYER INTERCESSIONS

August 19, 2020

1. For all who struggle to find rest for their souls,
that they may be still and know you are god.
2. For the leaders of nations, that they may promote peace.
3. For all of us in our daily lives, that we may be living
expressions of God's love, enriching the lives of others
through our way of being in the world.
4. For the God who guides us, protects us, and nurtures us,
that we may learn and teach by the example set for us by God.



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