



REFLECTION *Faith* by Sharon Salzberg, from *The Buddha Is Still Teaching*, p. 149

September 9, 2020

Experiencing the power of faith doesn't mean we've annihilated fear or denied it or overcome it through strenuous effort. It means that when we think we've conquered fear only to once again overcome by it, we can still go on. It means feeling our fear and still remaining in touch with our heart, so that fear does not define our entire world.

As we open to what is actually happening in any given moment, we become increasingly aware of our lives as one small part of a vast fabric made of an evanescent, fleeting, shimmering pattern of turnings. Letting go of the futile battle to control, we can find ourselves rewoven into the pattern of wholeness, into the immensity of life, always happening.

We can step out of the hope/feat gyration and give our capacity to love a chance to flower. This is where we can place our faith. Even as we fall, fall endlessly, with faith we are held as we open to each moment.



CLOSING PRAYER

September 9, 2020

Help us to be in that state of grace, ease and lightness where there is no resistance to life and no resistance to God. In this journey, may we find the gift of peace through the gift of presence. Amen.

BLESSING

Our true home is in the present moment.
To live in the present moment is a miracle.
The miracle is not to walk on water.
The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available now.
Peace is all around us –
in the world and in nature –
and within us –
in our bodies and our spirits.
Once we learn to touch this peace,
we will be healed and transformed.
It is not a matter of faith;
it is a matter of practice.

—Thich Nhat Hanh
from *Life Prayers*, p. 367



PRAYER INTERCESSIONS

September 9, 2020

1. Bring us into the fullness of your presence.
2. Teach us in our waking life to open our hearts fully to your love.
3. Show us how to live fully in our pain and in our joy, and to be present to others in theirs.
4. Bring the leaders of nations out of fear, that they may be wholly present in order to rule with justice and wisdom, seeking peace through their actions.
5. Bless our meditations as being another step closer to you, summoning us to who we are to be in you.



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