

# SOUL BREAK

AT ST. JOHN'S ~ SANTA FE

**REFLECTION** Debora Fisch from *Practicing Peace*, pg. 83  
November 4, 2020

I was in California a few years ago, and I had never been to California before. I'm from Iowa and I'd never seen the redwood trees other than in picture books. I was amazed at their height, feeling thankful for the redwood trees, and thinking how deep their roots must go to hold up a tree so tall. And in meeting for worship that very day, a fellow church-goer rose and said something like, "You know these redwood trees? You'd think their roots go really deep, but their roots go out really wide. They spread out to each other and entangle with each other, and give each other support, and that's how they stand and grow so tall, and that's how they weather the storms."

That's what community is about! We do want our own spiritual roots to go deep, but as they grow deep, they can also be growing out and intertwining with others, supporting each other against the wind and the rain and the storms in the Spirit.

And, as the tree grows up, the roots are still growing out. It's not one or the other. They grow in both directions at the same time.

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**CLOSING PRAYER**  
November 4, 2020

May all living beings live in Security and in Peace –  
beings who are frail or strong, tall or short, big or small, visible  
or not visible, near or far away, already born or yet to be born.  
May all of them dwell in perfect tranquility.  
Amen.

—Metta Sutta  
Quoted in *Prayers for Healing*, page 219

## BLESSING

May God, like a mother eagle, spread the wings of Her love and  
protection over us throughout this day, this night, and forever.  
Amen.

—Marchiene Vroom Rienstra  
Quoted in *Prayers for Healing*, page 237



## PRAYER INTERCESSIONS

November 4, 2020

1. May God bless us not with clean air alone, but the will to keep our air clean.
2. May God bless us not with a vision of a healthy planet alone, but with the will to do all in our power to restore and maintain our planet's health.
3. May God bless us not with a change of heart in the great world leaders alone to save our planet, but with a change in our own heart to use our own power to save the planet.
4. May the blessing of God not bring to us saints alone, but make of us saints greater than any we imagine.

—Daniel J. McGill  
Quoted in *Prayers for Healing*, page 237



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