



continuing the journey of

transforming grace:

transforming practice

July 14, 2024

Opening Song

Where I Sit is Holy | Shaina Noll

Opening Prayer

Just Do Right | Maya Angelou

Scripture

Ephesians 1:17-18

"...enlighten the eyes of our hearts, that we may know what is the hope that belongs to our call"

Listen & Learn

The Vanderbilt Project on Unity and American Democracy

For Reflection and Dialogue

Many people in the US are experiencing varied levels of anxiety when considering the Presidential Elections. If this is your experience, consider allowing it to rise to the surface to explore what accelerates your fear or anxiety. Using the tools of meditation, prayer and contemplation, focus on your breathing and allow stillness to surround the anxiety.

Choose a conversation partner to share your concerns, reflect on how the polarization we recognize in the political fragmentation around us may be internalized into a sense of worry, accelerated by isolation. We become more deeply convinced of the grave state of polarization around us, forgetting that we can choose another way.

Break open your own experience to the healing that can be found in naming and taming anxiety by giving it voice, releasing it, and taking a step towards believing that something else is possible.



Closing Prayer

Standing on the precipice between trust and terror,
We invite you, God of liberation and freedom,
into our midst.

Sitting in the paralysis between courage and fear,
We invite you, Spirit of confident wisdom,
into our hearts.

Rising into the misty fog of transformation,
We await you, Grace of right relationship,
into our presence.

We are given all that we need.
If only we can believe.

Be with us, abundant God.
Now and Forever.

Amen.

Closing Song

I have Faith | Karen Drucker