


# ESG Prayer Circle - The Supple heart


October 28, 2020.

Welcome, we will begin around 10:45, after some music





## Gathering Music – Lean on Me - ArtistsCAN

- [https://youtu.be/athd5\\_CW\\_z0](https://youtu.be/athd5_CW_z0)
- Notice the Hearts, sharing Love 
- “If you need a friend, just Call Me.”



# Welcome to our prayer circle

- Glad to see you back!
- Light a Candle 🕯 Inviting God's presence
- Check the Participants list to see who is part of our Circle
- We are not Alone newsletter: The Supple Heart
- Please Mute your Audio unless we ask for participation

## A Listening Heart, Grateful Living

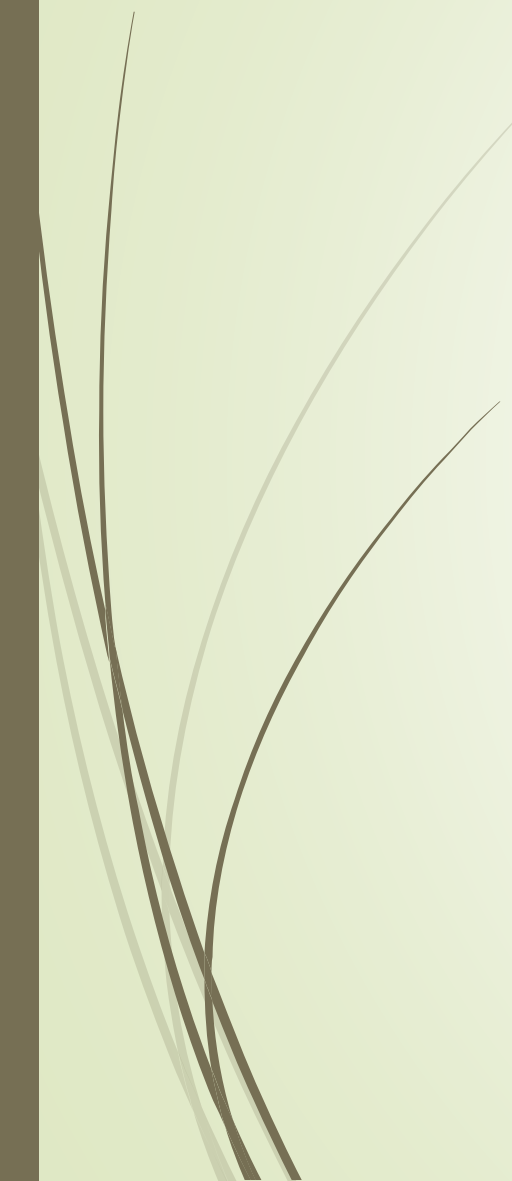


*Eyes see only light, ears hear only sound,  
but a listening heart perceives meaning.*

BR. DAVID STEINDL-RAST



# Nurturing a Supple Heart (we are not alone)

- It seems that we are constantly being bombarded with bad news.... rising covid cases, deaths, political upheaval.... There may be a tendency to guard one's heart and turn away from the heartache. A passage from Parker Palmer's book "On the Brink of Everything" suggests an alternate response. It calls us to receive the good and the bad so that our heart can bend and not shatter.
  - **Excerpt from "On the Brink of Everything" by Parker Palmer**
  - "Suffering breaks our hearts, but the heart can break in two quite different ways. There's the brittle heart that breaks into shards, ...
  - Then there's the supple heart, the one that breaks open, not apart, the one that can grow into greater capacity for the many forms of love. Only the supple heart can hold suffering in a way that opens to new life."
- 



# The Supple Heart

[LisaWestWellness.com](http://LisaWestWellness.com)

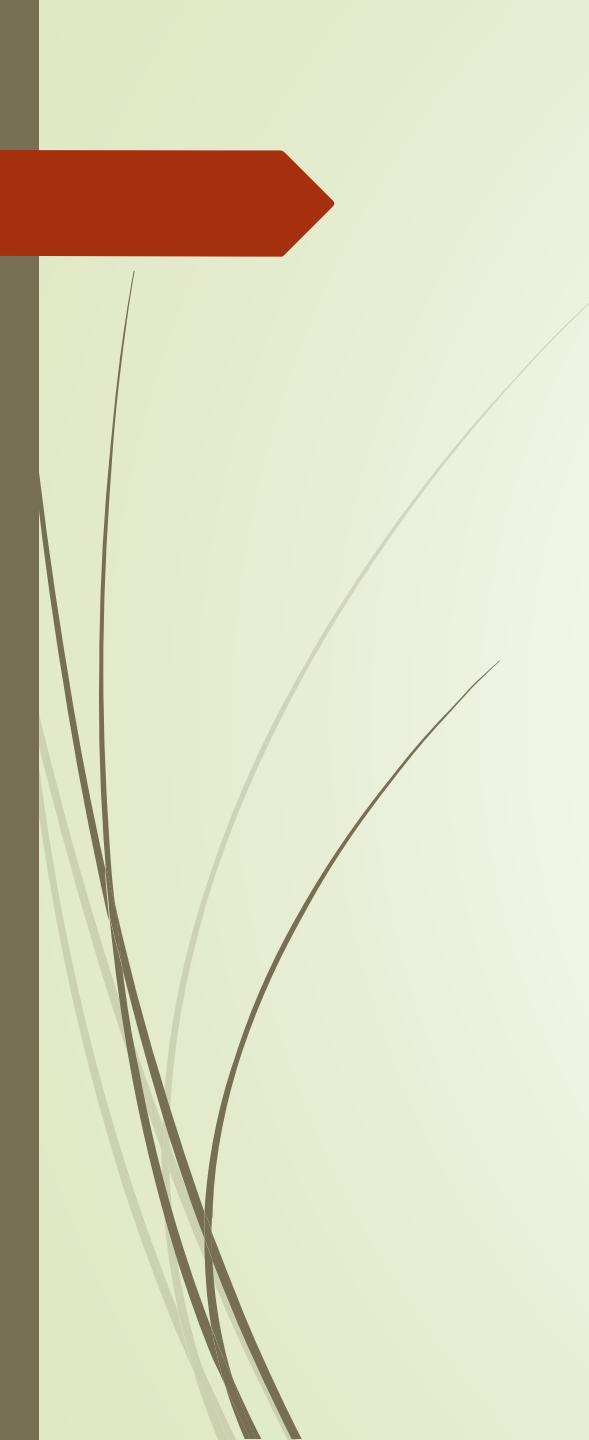




# The Supple Heart

## Lisa West

- the fluid nature of the heart
- the lungs inflate and deflate around this malleable heart
- The tenderness of these strong, yet so supple organs, the supportive and receptive relationship they share
- Each time you inhale, your lungs lovingly caress and compress the heart, and with every exhalation, the heart expands and fills up the space it is given
- This life, so generously offered to us through this mechanism, is filled with joy and pain and love and fear and ecstasy and heartbreak and grief.
- But still our breath dances fluidly with our soft and supple heart, the blood continues to pulse through.



**It takes real strength to remember our soft, watery and resilient nature. And healing from emotional pain can be scary and difficult to endure. But that beautiful supple heart of yours also carries your joy and your vitality. She holds love and compassion and optimism and hope. She knows inherently that she is supported and pulsing with life and a vital part of the whole, and that you are too. She whispers this truth to you with every heartbeat. She receives the support and release of every breath. She is always there, waiting for you to hear her, to feel the beauty and truth she has to offer, to remember what *you* have to offer. Soft. Watery. Supple. Receptive. Strong.**






# Supple Heart Meditation suggestion

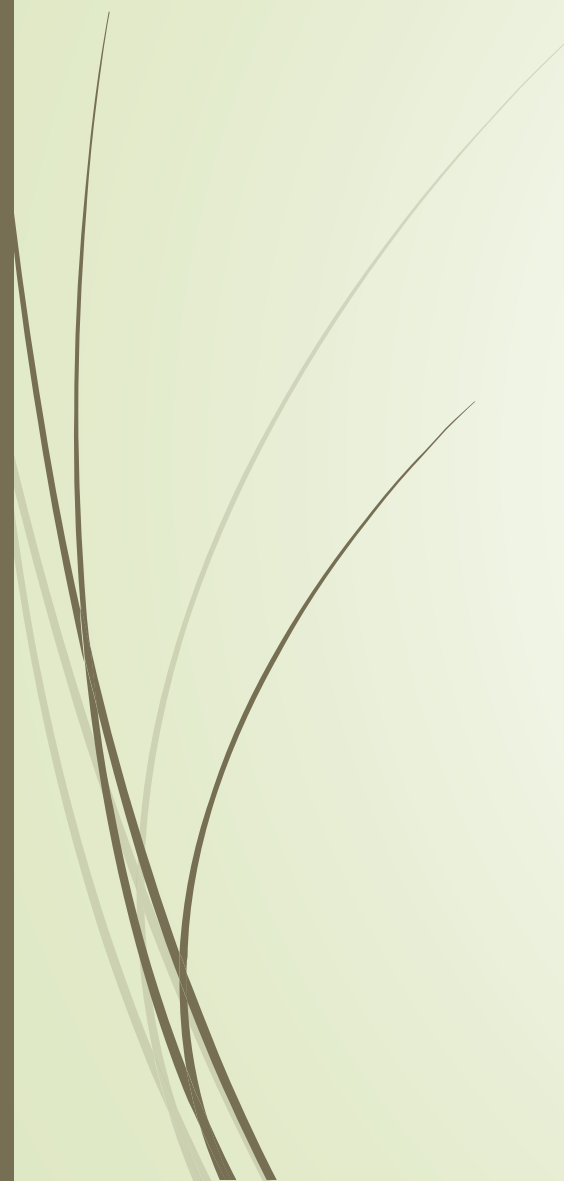
- Lisa West Wellness

- ▶ *Lie down (back) in a comfortable position. Feel gravity pull you down, so you begin to relax and melt into the support of the earth beneath you. Feel your pelvis and legs get heavy, and your belly relax, kidneys and ribs soften into the support behind you. Feel gravity pull your shoulders and upper back down toward the earth. Feel your chest settle in as your lungs and heart sink back into the back-center of your body. Notice your throat and neck relax and your head get heavy. Feel your brain relax.*



*Now, tune in to the feeling of your lungs. Notice that as you inhale, they softly and gently nudge against your heart. Notice that as you exhale, the heart relaxes and settles into its home in your chest. See the heart being softly compressed with each inhalation, and relax with each exhalation. Hold your attention on this supple, fluid, and nurturing relationship between your heart and your breath.*


*If other feelings, sensations, or emotions come up, give them your full attention for a few breaths until you feel them soften their edges or express through you. Then gently return your awareness to the soft and sweet tenderness of your heart. Know that there is nothing you need to do. Simply feel the miracle of the lungs nurturing the heart, and the relaxing expansion that occurs with every single breath.*






# Quotes for Supple Hearts

- “There is not one experience, no matter how devastating, that’s ever wasted. It’s not the thing that matters, it’s what that thing opens within you.” -Oprah Winfrey
- “In the depth of my loss, I found who I really was. I began to trust who I was. I began to find a genuine me who could withstand anything. And if I fight those times and fight the bud opening, we live half of a life. But when we open into our brokenness, that’s when we blossom.” -Elizabeth Lesser, Author
- “After the age of thirty, everything I’ve learned has been from humiliation, sin, failure, rejection, betrayal. That’s when my soul expands. Now I don’t like it. And, I don’t know till afterward too. You know, you want to get rid of it. But then two days later, in the surrendering, the accepting, the seeing, I realize I’m larger and larger.” -Father Richard Rohr



# A time to Share your Prayers Or people you wish to mention?

- Suggestion for something a little different?
- An opportunity for your 'Conversation with God'
- I'll start with my prayer, then as you are comfortable,
- Offer your Prayers or thoughts for others
- Turn On your Audio/ Video ...



# As you are comfortable, please add your own prayers

Loving God, thanks for listening as always.

We worry about what's next in this Pandemic, but help us to share with you our thoughts and concerns.

This week I pray for Paul Hutchison and family grieving the loss of his Mother.

I continue to worry about my grandsons' return to school and Home school, and their parents concerns for their welfare. Grant them some peace.

Listen now for the prayers of others, both verbal and silent.

Thank you for reminding us, We are not alone. Amen

For the silent prayers  
deep in our hearts  
that have no words  
but simply images  
held out to you  
of those we love  
and those we miss,  
the suffering, the sick,  
the lonely and the lost.  
Hear our prayers,  
the offering of our hearts,  
and bless the ones  
we lay before you now.





# We are not alone

- ▶ Continue to Stay connected by phone, email
- ▶ Or by careful social distancing
- ▶ Watch and Share new resources
- ▶ ***Facilitator for next few weeks?***
- ▶ ***Theme from 'We Are Not Alone'***
- ▶ Thanks for participating; now please Mute your audio.



# Apache Blessing

May the sun  
bring you energy by day,  
May the moon  
softly restore you by night,  
May the rain  
wash away your worries,  
May the breeze  
blow new strength into your being,  
May you walk  
gently through the world and know  
its beauty all the days of your life.

~Apache Blessing~



## Inspirational Film Story, “If This Time”

- Written & voiced by Kevin McCormack

➤ <https://youtu.be/vFRIV-9nFAI>

➤ (recommended by Magdalena Bracer)

➤ Also How to Be Alone, NFB

➤ <https://youtu.be/OT40Rmjwd-Q>

➤ Recommended by Janet Walker