



Five Loaves. Two Small Fish. Enough for a Multitude.

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Julian Betts – Breathing Spaces

A few years ago, I heard about what seemed like a perfect strategy for handling difficult situations in meetings. You know the ones – you're asked a question you're not expecting or someone makes a remark that needs some mental unpacking before you respond. The idea is to always bring some water with you, so when needed, you just take a few sips, giving you some time to formulate an appropriate response.

Unfortunately, the first time I tried this technique in a meeting, I did what's known as a "spit take", instead channeling Lucy Ricardo and spraying the audience with water, all the while gasping for air. Not my finest (or most professional) moment.

Subsequently, I learned mindfulness meditation and discovered that the water-drinking gambit was just a way to pause a situation and that a better idea might be to forego the water and just take a few breaths. After the first few attempts of almost self-induced hyperventilation, I managed to use that strategy. I found that, just because

an opportunity presents itself, I don't have to respond immediately. I can take some time, get to know the moment in which I find myself, breathe into it, and listen for a way to respond.

When I was chatting with Julian Betts, our summer profile subject, I was struck by how often in the course of his life, Julian hit pause, assessed his circumstances, and nimbly responded with grace. Julian told me a story of teaching Sunday School to a group of kindergarteners; a little girl had a red plastic fox to which she was particularly attached and which got the attention of the rest of the class. Instead of strictly adhering to his curriculum and Sunday School rules, Julian

observed the situation and his students and had *the fox* read the Scripture lesson for that day. Julian says, "The kids loved it, and everyone complimented the fox on a job well done!"

Julian met his wife, Carolyn Lee, at McGill University in Montreal, Canada (yes, he's a "Canuck", as Julian says) while both were studying chemistry. There's some family debate about which class provided the crucial meeting, but Julian knows Carolyn very politely asked to be his lab partner. Their professional and



educational paths separated Julian and Carolyn for several years, as Julian earned his Master's at Oxford and his doctorate in economics from Queen's University in Ontario and Carolyn earned hers in chemistry at MIT. But when Carolyn moved to Dallas for post-doctoral work, Julian knew it was time to make a life together in the States. Julian relocated to Pacific Beach in San Diego in 1990 and began attending St. Andrew's-by-the-Sea. After finishing her post-doc, Carolyn came to San Diego and they married in 1992. They temporarily moved to

San Francisco in 1998 to 1999, where they found St. Gregory's, an Episcopal church that "tries to get back to the early church while being very open and progressive at the same time". Julian remembers it as a wonderful, vibrant community of loving people.

Coming back to north county San Diego in 2000, Julian and Carolyn were looking for another church that felt like community and found it at St. Andrew's. They loved the meaningful sermons and the music. Julian says they appreciate that St. Andrew's is "both inward looking (for example, the foyer groups), and outward facing to the

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Letter from the Rector: Carve Out Time for God's Call

Our topic for this month's Epistle was going to be "respite", but when we realized respite is defined as "a short period of rest or relief from something difficult or unpleasant," we decided to shift to the theme of "breathing space". Although some people argue word choice is simply a matter of semantics, I maintain that considering semantics is important to our faith journey. Instead of something we are trying to get away from, breathing space is defined as: "an opportunity to pause, relax, or decide what to do next."

Let me give you an example of the difference. In my previous counseling practice, I would invite clients to explore the difference between leaving something and going toward something. You might want to try this yourself. Pick a place to stand in the room that represents a place or situation you would like to leave. Then, move as quickly as you can to someplace else in the room. It doesn't matter where you go, and don't think about where you are going, instead, concentrate on leaving. Try that a number of times, noticing what happens in your body and with your emotions to not plan, but to just end up someplace else seeking respite.

Now, go back to your original place and, this time, take advantage of the breathing space. Take a few moments to discern where in the room you would like to go next, and take your time getting there. Again, as you try that a number of times, notice what that feels like in your body, paying attention to how choosing the next location feels different from getting away from a place.

Likewise, prayer can be seen as respite or a breathing space. Perhaps they both have their

place, but when we take time to purposely carve out breathing spaces, we create an environment to hear God's call, to discern what we might need to move to that next place, and to receive important insights.

While being away on vacation this summer can provide many opportunities for breathing spaces, you don't have to wait to have big chunks of time available. Your faith journey can reap the benefits of breathing spaces in the midst of your day-to-day life. With practice, you'll find breathing spaces at red lights, while waiting for a doctor's appointment, or even when a piece of music goes longer than you expect during worship. In fact, a reliable cue to slip into a breathing space is whenever you find yourself wishing something was over!

Enjoy your summer, and may you find plenty of breathing spaces!

P.S. We have received a number of comments lately expressing appreciation for the way this monthly Epistle has evolved. We owe our gratitude to Cordee, our Director of Communications for her persistent guidance, and to those of you who have been willing to share your gift of writing. If you would like to contribute a story, our upcoming topics include: September: Ordinary Time; October: The Saints Among Us (including our pets!); November: Enough Already!; and December/January: Remembering. Your submissions or topic ideas can be sent to news@standrewsepiscopal.org.

TGIF Summer Concerts in the Park

Come join the fun at Carlsbad's concert series! Great music, dancing, art for the kids, gorgeous sunsets and cool food vendors. Look for the St. Andrew's flag to join us! All concerts are Fridays from 6-8 p.m.

July 8

The Mighty Untouchables
Alga Norte Park

July 15

Nancarrow
Alga Norte Park

July 22

Boogaloo Assassins
Poinsettia Park

July 29

Sully & The Blue Eyes Soul Band
Poinsettia Park

August 5

Western Century & The Bedbreakers
Poinsettia Park

Julian Betts

continued from the front page

surrounding community through its outreach programs". Carolyn got involved with St. Andrew's as a bread runner, an activity in which she includes their two daughters, Phoebe and Ariel. Julian began teaching Sunday School with Paul Garrison in 2005 and says it's "wonderful to watch the little ones turn into adults before our eyes". The Betts-Lee family also hosts a dinner for the Interfaith Shelter each year; Julian says the experience helps remind them all "how fragile everything is" and that we need to "count our blessings".

Julian joined the last two Youth Group mission trips to Cortez, Co and LA's Skid Row and is leading this year's trip back to Cortez. He appreciates "being put in situations where being an introvert is not an option" and is looking forward to reconnecting with some of the folks they met two years ago. Julian describes the mission trips as benefiting the adults as much as the youth. The trips confirm for Julian how listening to others' stories is really important. The folks in the retirement home they visit are "so grateful to have a chance to talk about themselves and their history". Julian says the mission trips bring things full circle for him, as he sees the kids he knew as toddlers "becoming conscientious adults - generous with their time, and caring about others. It's truly awesome, in the literal sense of the word."

Jodi Steigerwald, one mission trip attendee, remembers how Julian gave everyone rap nicknames on the road (Julian's is "Homey J"). She says "Julian is super passionate about helping people and really inspires me to be patient and kind and that helping people is super, super important". Brenda Johnson says Julian is "knowledgeable, witty, and so much fun, especially on the car rides", and he "relates so well to the kids". A couple of years ago, Brenda says the Youth Group went on a retreat to San Onofre where Julian brought "so much food, and not just camping food, gourmet stuff."

Those culinary skills, honed throughout Julian's nine-year participation in the Y's Indian Princess camping program with Phoebe and Ariel, are critical to the success of Julian's latest St. Andrew's project. A few months ago, Mother Brenda contacted Julian and some other St. Andrew's men and asked them to coordinate

the monthly Parish Breakfast. Julian says "once you've cooked for a hundred Indian Princesses and dads, breakfast for the congregation seems less intimidating". He goes on to praise the "great group of guys" as natural leaders who have all found their niche in the kitchen. Expanding the group of volunteers in the last few months has been great since "no one feels compelled to worry about it if they're out of town" and "lots of volunteers mean the guys have time to talk and get to know each other better while cooking". Julian is especially grateful to Tim and Linda Lyons, Leslie Hernandez, Annie Heyligers and Duane Beamer for showing them the ropes. For her part, Leslie says that Julian "is a very cheerful and unassuming giver. Over the years, I have seen him pitch in and lend a hand without waiting to be asked and without any fanfare whatsoever. His taking on the parish breakfast ministry so smoothly, resourcefully and, yes, cheerfully, is so like Julian. He never draws attention to himself, just smiles and gets involved."



Professionally, Julian has also found a way to use his intellectual prowess to benefit the larger community. As a professor of economics at the University of California, San Diego, he teaches undergraduate and graduate students and mentors doctoral candidates. Julian is also the Executive Director of the San Diego Education Research Alliance (SanDERA), a non-profit research entity that fosters collaboration between UCSD and the San Diego Union School District (SDUSD) to improve K-12 programs. SanDERA supports SDUSD leadership by identifying issues on which to focus UCSD research, acquiring grants to fund the research, and sharing results with SDUSD and the public. One of SanDERA's current projects helps SDUSD boost math achievement in four high-need SDUSD middle schools.

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In Prayer, We Are Changed

A few months ago, one of Mother Brenda's sermons cautioned us against comments like, "my prayer was answered," because the implication is that if things don't unfold the way we had hoped, those prayers were unanswered. In contrast, our Episcopal theology instructs us that God doesn't pick and choose which requests to grant, rather that prayers are sometimes answered in ways we wouldn't expect or couldn't have foreseen. In that sense, our prayers aren't as much about the person, place or thing we're praying about, as they are about our personal relationship with God. In prayer, WE are changed.

At the same time, we know the people on the other end of our prayers feel the positive benefits of our prayers--whether they end up experiencing the healing we think they need or not. Either way, the St. Andrew's Prayer Chain might be a ministry

calling to you. For a number of years now, Bonnie Reichle has shepherded a list of prayer requests which she shares a few times a week with members of the Prayer Chain. These faithful people have committed to praying over the list daily, and have promised not to discuss the prayer requests with anyone--including the requestee or clergy.

Because of the confidential nature of this ministry, some people are frustrated by the restrictions against conversation. On the other hand, many parishioners find this a very enriching ministry, one that can be done privately, and an activity that doesn't have to be left behind when you're traveling. If you think you would like to join the Prayer Chain, please email Mother Brenda (rector@standrewsepiscopal.org), or call the office to schedule a time for discernment.

Prayer requests

Prayer requests can be made directly to Bonnie Reichle (mreichle@sbcglobal.net) or online (<http://www.standrewsepiscopal.org/prayer-requests.html>). Please let her know whether you'd like your first name only to be listed, and whether you want to be include in the Prayers of the People on Sundays. Also, if you plan to add someone else's name, please be sure to seek their permission beforehand.

Pausing to Reflect on Gratitude

Think about someone or something for which you are grateful. Who or what comes to mind? What specifically stands out? For me, I am grateful for knowing that I am part of a church community that cares about our children and families, that welcomes people from all backgrounds and walks of life, and that promotes a diversity of ministries to serve others and grow in faith.

Stewardship to me is first about being grateful – and living in ways that honors others and God rather than self-centered. So how can we know and express our gratitude in ways that are personally fulfilling while honoring God's call to share our time, talent, and treasure? Perhaps the verse from Matthew (6:21) provides a clue: "for where your treasure is, there your heart will be also." To me, treasure is about where my heart is, where my intention rests. Am I focused

on deepening a vibrant relationship with God or focused solely on what I am looking to get out of something?

Recently, our family has taken delight in offering our home to the youth group for monthly gatherings, serving up pancakes at our monthly parish breakfast, and sitting on the stewardship committee. Even sharing a smile to someone struggling or listening with an open heart are ways we express our gratitude. These offerings make all of us more whole and more God-centered and, in turn, a more vibrant church where others want to be a part of a place that is truly special. Asking yourself, where your treasure and your heart are may be a great place to start when setting your intention as a good steward.

~Steve Romano

Senior Warden's Corner: Create Space to Achieve Potential

Last year I took two amazing courses, both of which pertained to "mindfulness." Mindfulness, according to my internet search, is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. One course based, on the best-selling book *Positive Intelligence* by Shirzad Chamine, revealed how to achieve one's true potential for both professional success and personal fulfillment by facing your "mental Saboteurs" head on. *Positive Intelligence* teaches how to train your mind to serve rather than sabotage you in order to achieve your highest potential. The second course, taught by the UCSD Center for Mindfulness, used traditional meditation practices to reduce stress and increase fulfillment. Both courses taught that thoughtful reflection and self-compassion reap huge rewards which can unleash the vast untapped powers of your mind. The challenge is to create the space in our lives to incorporate these mindfulness practices.



Likewise, space needs to be created for the

"mindful" running of our church. It is very easy to fall into a routine of vestry meetings focused on budgets, policies and maintenance projects. These day-to-day discussions and decisions are important and necessary, but will not drive us to unleash our full potential. The vestry needs to nurture ourselves as individuals and as a team. We need to create time and a quiet space to think freely and joyfully about defining our church future and how we might get there.

So, on July 16, your vestry, facilitated by Steve Romano (thank you, Steve!) will spend a full day with each other, discussing our dreams for the future. Our intent is to envision St. Andrew's in 3-5 years and to define a strategy for how we get there. We will be continuing our work from the Vestry Retreat in February to create a more refined plan. The output from these efforts will be shared with the parish for feedback in the fall.

Please keep the vestry in your prayers as we envision the future of St. Andrew's.

~Betsy Vaughn

Setting Intention

Our summer Epistle theme, "breathing spaces", is particularly apt to the musical world. Music serves many functions in our lives, whether simply to help pass time, as a creative discipline or endeavor, or to bring us to a reverence and awe of God's creation. Music has the power to bring the soul to repose and clarify our thoughts. It has been said that music is a form of meditation, but for many of us, music can also be a source of stress. In working with music students, I have noticed that emotional or psychological barriers are often more powerful than physical barriers when trying to attain a more developed approach to music.

Just as in meditation, breath is a crucial aspect to the music making process. The conductor of a choir or orchestra knows the importance of

breath. It is perhaps the least mysterious signal in our rather strange language of gesture. I have come to understand that as a musician, it is within the breath that takes place before a given musical phrase that intention is set. You can practice "musical" breathing next Sunday when we sing hymns. Watch me, and try to coordinate your breathing with me. Try to sing each musical phrase in just one breath. Say what?! Don't worry or give up when you find it to be more difficult than you imagined. There will be many more chances. Helpful hint: try to imagine the whole phrase and how it will sound while you are breathing.

God bless, and have a wonderful day!

~Chris Bingham, Director of Music Ministries

Vestry Spotlight: Betsy Vaughn

Each month, we will spotlight one of our vestry members. This month, meet Betsy Vaughn, senior warden and liaison for personnel and administration.

First, the basics: family names, ages of kids, pets? We have a broad definition of family. My husband of 15 years, Dan and I have three children scattered across the country. William, age 27, is going to school in New York; Callie, age 24, works in Raleigh NC. Stephen, age 14, and Macy and Ollie (black and white Labradors) keep us on our toes here in Encinitas. We also have an "adopted" daughter, Eugenia, who lived with us as an au pair for five years and now resides in San Diego with her new husband, Carlos.

What path brought you to St. Andrew's? 15 years ago, Dan and I experienced several major life changes. All in one year we got married, changed jobs, relocated from New York to San Diego and had a baby. During that time we peeked into the St. Andrew's parish hall on a Sunday afternoon and experienced a lively and engaged youth group laughing boisterously. That's when we decided St. Andrew's would be our parish home.



Betsy Vaughn and family at daughter Callie's graduation

How do you see your role in our parish community? I see my role as helping to enable all the wonderful skills and abilities nestled inside of each of us. I am continually amazed by our parish family. Just imagine what we can do together as we harness all of that capability!

How long have you been doing what you do? My 30+ year career has been in Human Resources. I am essentially a coach and partner to business executives, helping them lead and manage their teams. The majority of my career has been in financial services, but I shifted in to biotech more recently and absolutely love it. I currently work for Illumina and am thrilled to be helping to improve human health through genomics.

What are you passionate about personally? I care deeply about breaking down stigma associated with mental illness and bringing treatments for mental illness into the 20th century. I have volunteered with NAMI (National Alliance for Mental Illness) and am passionate about sharing our personal experiences to help others navigate the very complex mental health system

Where can we find you when you're not working? My life is pretty routine during the week. I walk several miles on local trails every morning before work. The evenings are filled with cooking (yes, I love to cook!) and catching up with family. Weekends and vacations are a whole different thing. We are an adventurous, outdoorsy family. You never know where you might find us: sailing on San Diego Bay, skiing at Mammoth, horseback riding, camping and generally exploring the world in a venturesome fashion. Recently we went down to Magdalena Bay in Mexico to engage with grey whales up close. We had the chance to play, pat and even kiss them. Did you know that whales have whiskers?

Where did you grow up and why aren't you there now? I grew up on Long Island. I never really liked New York even though I spent most of my life there. When Dan and I decided to get married, we decided to leave NY. We literally picked five cities where we both felt we could be employed and then the job search race began. Dan got a job in San Diego and the rest is history. I have found my "true" home in Encinitas.

Anything else you'd like to tell people about yourself? My life is one big juggling act with my family at the center and I love the pseudo chaos.

Waiting to Join In

"Take our lips, lord, and speak with them...." Scottish Book of Common Prayer

We often speak about how to discern where the Holy Spirit is leading us, and try to be attentive to what God might be saying to us. God has many ways of reaching us, and speaks to each of us in just the way we need. I've come to realize that for me, God frequently gets my attention when I'm in conversation with others. Sometimes, it is a casual conversation over coffee or a meal, but more often, it is when a group of us have come together intentionally to share our ideas about God, faith and the world. Over the last few months I've written about the content of some of these conversations, but lately I've been reflecting on the nature of conversation itself.

A professor of mine once noted, in a seminar about how to empower groups, that there is something sacred about a conversation amongst God's children. One person speaks, and in that moment, as the next person draws in a breath to join, that breath can become the Holy Spirit being breathed into that person, and then breathed out again into the group. The very act of speaking to one another can become a vehicle for bringing God into our midst. Again, these conversations can be casual or intentional, but the potential is always there.

When we gather in the parish hall each Sunday at 9, whoever is leading the discussion will have spent time preparing; when I am leading, it never fails that I am pleasantly surprised by the direction of the discussion. The comments and questions breathe new life into whatever topic we are discussing. Without fail, no matter how well-trodden the path of a particular topic is, someone will have a new take on it. What I have come to most appreciate about these weekly encounters is how comfortable people feel to contribute,

to question, to really engage. There is a level of warmth and openness to these discussions that is a rare thing today, and I treasure it. The Adult Formation group chose well when they named this "The Great Conversation."

I'm also fortunate to be part of a second planned discussion each week, in a program called Education for Ministry (EFM). This small group meets weekly during the year to study Scripture and theology, not in a dry academic sense, but in terms of how it might be incorporated into our daily lives. The materials, combined with the closeness and care the group develops throughout our time together, make for some of the most memorable and Spirit-filled conversations of my life. The comment I remember that best sums up EFM is when a person who had just completed the program said, "I started this program because I wanted to learn the answers. And I did learn some. But the most important thing I learned is to love the questions."

So, if you are looking for a sacred conversation, either great or small, our community has them in abundance. If you would like more information about any of these, Mother Brenda, Michael Reichle or I will be happy to give you more information. Likewise, if there is a particular conversation you would like to join, we welcome your suggestions.

In the meantime, whether you find yourself part of an organized or accidental conversation, remember to pause and to breathe, because the Holy Spirit is waiting to join in.

~Catherine Campbell



Julian Betts *continued from page 3*

Remembering Julian's comment about how folks just want to be heard, I'm guessing that the real point of breathing during stressful encounters isn't just to enable us to get our point across or craft a zinger that puts the other person in their place. Maybe, just maybe, those breathing spaces are meant for us to truly listen with compassion and tenderness. In the distance between the inhalation and exhalation, we can feel the Holy Spirit breathing with us and through us to touch another soul and, in turn, the wider world. Inspired by Julian's empathy, we can use the silence in the spaces to hear God calling us to where our "deep gladness and the world's deep hunger meet" (Frederick Buechner).

~Gigi Miller

GET ready TO WORSHIP

ISLAND STYLE

save THE DATE

August 28, 10am

Moonlight Beach

POTLUCK PICNIC TO FOLLOW

HOLY EUCHARIST at 8am and MORNING PRAYER at 10am at ST. ANDREW'S

Vacation Time

Teachers really have two lives - school time and vacation time. The difference between one and the other is striking, but I have yet to finish summer vacation without thinking my life would be better if my summertime activities followed me into the school year.

The biggest change in the summer is how the rhythm of my days change, beginning first thing in the morning. There's no rush to get dressed, pack a lunch, and gobble down breakfast. Instead, there's time to do morning prayers, and then read the newspaper while enjoying breakfast. I can go exercise before other things distract me. There's time to read books and even do more to help others. (This summer I plan to help out in St. Andrew's Food Pantry.)

Most important - there's time to breath, and that better connects me to God. When I've recharged my batteries, I see more of God's gifts. An early morning at the beach, before the crowds get too big, is a chance to have a cup of coffee with my toes in the sand and perhaps see some of God's creatures, like dolphins jumping in the

Instructions for Breathing

Most of us do not think twice about our breathing...because it is automatic, right? Well, yes, unconsciously we all continue to breathe due to our autonomic nervous system. But did you know that poor breathing patterns could be affecting your mood, digestion, heart, nervous system, muscles, brain, and sleep? The effects of inhalation and exhalation extend far beyond the physical exchange of air in and out of the body...they extend to the workings of the heart and lungs as well as other processes for energy production.

So, what is correct breathing anyway? Most of us breathe in a way that is less than optimal, such as mouth over-breathing, holding our breath and/or shallow breathing. These breathing patterns are stressful for the body and lead to a shortage of oxygen and energy because the nervous system becomes unbalanced, the airways get tighter, and the blood vessels constrict.

Here's how to make more of the 25,000 breaths you take every day more beneficial:

1. Breathe through the nose—"unfiltered" air through your mouth is raw, cold, dry and full of viruses and bacteria.

waves or pelicans flying in formation. A day trip to Palomar Mountain for a picnic and hike is a way to connect to God's outdoor beauty in the mountains, a sacred place for me.

When I've taken some time for myself, I actually become more aware of other people. I'll find joy in watching children playing, friends sharing a laugh, an elderly couple walking hand-in-hand. It also lets me notice people who need my love and help. Taking care of ourselves - mind, body and spirit - is a way of loving ourselves, which, I believe, leads us to loving others. ("You shall love your neighbor as yourself." Mark 12:31)

I'm blessed to have two months of summer vacation, but when I return to school in August, I'll vow to keep the healthy changes I made during the summer with me throughout the school year. My history in accomplishing this has not been very successful, but who knows, this year I may pull it off.

~Ann Zivotsky

2. Breathe with the diaphragm—and muscles in the abdomen, chest, neck and shoulders. The inhale should be 2-3 seconds, expanding out to the sides all the way down to your belly. Then exhale 3-4 seconds followed by a pause for 2-3 seconds.

3. Breathe relaxed—leading to increased oxygen and less stress.

4. Breathe rhythmically—helping hormones stay balanced, and helping to find a feeling of well-being.

5. Breathe silently--coughing, snoring, sniffing and so on are poor breathing patterns in disguise, causing a huge strain to the body.

6. Breathe with straight posture – an upright posture allows for deeper breathing where the diaphragm gets more space to work.

So, with proper breathing, we can all enjoy more energy, improved health, greater harmony, less anxiety, less fear, better relationships and just a happier life in general. Keep practicing!

~Chase Fields

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Five Loaves. Two Small Fish. Enough for a Multitude.

The Spirit Beckons

When I was asked to share some thoughts on “being” as prayer, I felt the Spirit’s sense of humor at work. Words and actions are my strong suit. They are solid, concrete, tangible. Opening up to God’s presence and just breathing, being and waiting aren’t a common practice for me. Quiet is often a foreign land. I sensed an invitation here, an opportunity to go deeper.

All prayer takes practice and this type of prayer possibly more so. It’s counter-cultural. Our daily lives are busy, noisy. This is prayer born of stillness and silence. A place to begin exploring this practice of prayer might be to look for islands of quiet in our daily routines. If you aren’t finding these still, small moments, where can you create a bit of space? Where might there be a bit of breathing room? Start small. Nothing fancy. Find a comfortable place. Place your feet on the floor. Rest your hands gently in your lap. Relax your shoulders. Close your eyes....or not. Then concentrate on breathing. Be aware of how the air moves through your body. Let your mind clear and just be. Know that there isn’t one way to “be” in prayer. If you would like some words to get started, you might try opening the Book of Psalms or a book of devotions. See what you discover. Experiment! It’s good for the soul. You have nothing to lose and everything to gain.

God loves us so deeply that we are given many paths to knowing His love. Barbara Brown Taylor talks about prayer as how “our hearts keep chasing after God’s heart. It’s how we bother God, and it’s how God bothers us back.” In the silence of our hearts, we give God the space to bother us. This “bothering” is sacred, transcendent. The God that made the universe loves us. Come. Be still. Be at peace. Just breathe. The Spirit beckons.

~Pat Moran



Photo by Sing Baker