

## Wesley Quiet Space 16 January 2022

In the beginning was the Word, and the Word was with God, and the Word was fully God. He was with God in the beginning, Through Him all things were made, without him nothing was made that has been made. In him was life, and that life was the light of all humankind. The light shines in the darkness, and the darkness has not overcome it. **John 1: 1-5**

In a world of fault lines and fractures,  
we stand in a place where opposites come together.  
awaiting the birth of what is to come.

If you are doubting, welcome.  
If you are healing, welcome  
If you are angry at injustice, welcome.

We await a new genesis,  
one more beginning in a series of starts,  
trailing backwards in time to the very first day.

If you are afraid, welcome.  
If you are joyful, welcome.  
If you are longing to belong, welcome.

God's generous rhythm of life, death, resurrection,  
moving in and through all things,  
the very breath and source of the cosmos itself.

Our pathways converge and continue,  
each one of us a catalyst for loving action.

We, a community of saints.

Conspire.

Breathe with us.

**Center for Action and Contemplation**

**Space for Reflection**

Oh the Love of my lord is the essence  
of all that I love here on earth.  
All the beauty I see, He has given to me  
and His giving is as gentle as silence

Every day, every hour, every moment  
Has been blessed by the strength of His love  
At the turn of each tide he is there at my side  
And His touch is gentle as silence.

There've been times when I've strayed from His presence  
And I've walked other paths, other ways  
But I have called on His name in the dark of my shame  
And his mercy was gentle as silence                      **Estelle White**

## **Space for Reflection**

### **The outer Life and the Inward Sanctuary - Howard Thurman**

Often it is very hard for me to realise that I am one. The outer life seems utterly outer. It seems a part of a separate order. It is made up of things I do, of my relationships of one kind or other with work, play, job, people and things. The standard by which the outer is judged tends to be an artificial standard, made up of that which is convenient, practical, expedient. The outer seems public, it seems ever to be an external net of physical relationships.

The inward sanctuary is my sanctuary. It is the place where I keep my trust with all my meanings and my values. It is the quiet place where the ultimate issues of my life are determined. What I know of myself, my meaning; what I know of God, His meaning; all this and much more, is made clear in my secret place. It often, seems strangely incongruous to bring into my secret place the rasping, gritty noises of my outer life. Again, this may be for me an alibi. For I know that in the searching light of my inward sanctuary all the faults, limitations and bad things of my outer life stand clearly revealed for what they are.

I determine to live the outer life in the inward sanctuary. The outer life must find its meaning, the source of its strength in the inward sanctuary. As this is done, the gulf between outer and inner will narrow and my life will be increasingly whole and of

one piece in God. What I do in the outer will be blessed by the holiness of the inner sanctuary, for indeed it shall all be one.

### **Space for Reflection**

I feel your presence in the night  
The fragrance of God and man  
I breathe in your stillness  
And in the middle of the night  
Both flesh and spirit live  
Live deeply  
Live to the brim  
Reach across time and space  
And touch eternity  
And I long for all to be drawn and held together by this invisible God  
Whose love burns in the darkness with the life of the Son  
And whose blessing touches us as softly as the rustle of the  
    night wind and rain in the trees  
How strange that when we are most abandoned we are  
    drawn into Gethsemane  
'Stay awake with me.'  
How miraculously you wait for us just beyond our fear.     **Richard Carter**

### **Space for Reflection**

### **Holding fast by letting go by Richard Carter**

The less longing, the more presence  
The less we hang on the door, the more it opens for us  
The less we demand, the more we see the beauty of the gift  
The less we expect, the more the joy of the surprise  
The more selfless, the more self  
Clamorous need shuts us off from the needed  
'It is our clinging that is our death.'  
The less we cling, the more we embrace  
The less we fear, the more we love  
All joy reminds us  
It is not a possession that leads us onwards  
Our love is a taste of things to come  
Go lightly  
Go simply  
Find the beauty of balance  
A breathing out

A breathing in  
A shared breath  
A letting go so that we may be held forever.

### **Space for Reflection**

#### **Blessing**

Go forth into the world in peace;  
be of good courage;  
hold fast that which is good;  
render to no one evil for evil;  
strengthen the faint hearted;  
support the weak;  
help the afflicted;  
honour everyone;  
love and serve the Lord, rejoicing in the power of the Holy Spirit.  
Amen

#### **Then to close we share the Grace together**

May the grace of our Lord Jesus Christ,  
The love of God, and  
The fellowship of the Holy Spirit  
Be with us all, now and always **Amen**