

Taizé, May 31, 2020

The Miracle of Now

Call to Awareness – 3 Bells

Opening Prayer – Chris will set the intention to create a space for Communion

Chant – *God Is, I Am* by Eddie Watkins, Jr.

SILENCE – 1 Minute - Bell

Reading –Diana

Good morning. If you are new with us today, my name is Rev. Diana Johnson, Pastor and Spiritual Director of Mystic Heart Spiritual Center, and I want to welcome you home.

Our theme for the month of May is *The Miraculous Nature of Everything!* And this morning, we are going to lead you on a meditative journey centered in *The Miraculous Nature of Now*. Very quickly, before we begin...it would seem that taking part in Sunday Services from the comfort of your own living room would make it easier to settle into the stillness. My invitation for you today is to find a place where you can be comfortable and settle into stillness, letting go of everything else for the next hour. See how still you can be as you allow yourself to be carried away by the meditative tone of Taize...

Join me now in taking a few deep, cleansing breaths, and as you inhale, allow the word *here* to gently float through your mind...and as you exhale, the word *now*. Take your time...here...now...

Allowing myself to be fully present, in this holy moment, I know that this moment is the only moment that matters, the only moment there is.

In this holy moment, I am content. There is nothing I need to do, there is nowhere for me to go. There is only now.

And in this moment, Spiritual Awakening is happening...it is happening here...it is happening now...It is happening all over the globe...it is happening as a Universal Experience. All of Creation is waking up now...and I allow myself to be swept up in this miraculous Process of Awakening.

I am deserving of the gift of Spiritual Fulfillment, of Spiritual Awakening, and I welcome it...I allow this most amazing gift to be bestowed upon me now...and I am grateful.

SILENCE – 3 Minutes - Bell

Chris – *Do Not Look With Fear* by St. Francis de Sales

Do not look with fear

on the changes and chances of this life;

rather look to them with full faith that as they arise,

God – whose you are – will deliver you out of them.

He has kept you hitherto.

Do not but hold fast to His dear hand,

and He will lead you safely through all things;

and when you cannot stand, He will bear you

in His arms.

Do not anticipate what will happen tomorrow.

The same everlasting Father who cares for you today

will take care of you tomorrow and every day.

Either He will shield you from suffering or

He will give you unfailing strength to bear it.

Be at peace, then, and put aside all anxious thoughts

and imaginations.

SILENCE – 3 Minutes - Bell

Musical Meditation – *Just This Moment* by Steven Walters

SILENCE – 1 Minute - Bell

Diana –

Life is made up of ordinary moments. Brushing our teeth, washing our face, making our lunches, drinking our tea.

When I remember the Wholeness of each Moment, I see how each moment is the first time. And the last time.

The first time I am experiencing whatever I am doing in this precise way. And the last time I will experience it as the me of today.

As I become present, attending to my Life unfolding, even the ordinary moments become extraordinary. Because I understand that this moment is one of a kind.

When I lose a loved one, the Moment takes on even more meaning, as I am reminded that this parenthesis in eternity is brief.

The moments I spend with family and friends...the moments I spend on my own...the moments I spend in Communion with that which created and sustains me...all take on a significance, a brilliance, and I am grateful.

Life is a series of Moments. We never know what the next will bring...in one Moment, my entire life could change...

And in any moment, how I see my life could change.

There is only this Moment...and I am here, now, in this ordinary, extraordinary moment.

SILENCE – 3 Minute - Bell

Chris – *Everyday Miracles: A Poem About Finding God in Ordinary Things*

by Justin Farley

The clamor of your wisdom claps
like a thousand hands in unison throughout the forest,
calling from every treetop,
and whispering within every breath the north wind blows.
Your wisdom can be found in the simplicity of a dew drop
and within the caw of a congregation of crows.

You are an invisible hand, always laboring,
opening and closing doors as you see fit –
not always on my time frame,

not always giving me access to the rooms I wish,
but often times I find ignorance is bliss.
For the paths I most yearn to walk down
you wall off, knowing they lead to my demise.

You are the wise King,
always leading, but serving unceasingly.
With each new day you bring,
I am astonished at your beauty –
as long as I make the time to open my eyes,
as long as my awareness is focused on you
and turned away from the desires of my mind.
Your miracles come in small packages,
constantly sent, but rarely opened.
I look for you in grandiose experiences,
but you keep gently tugging at my sleeve,
urging me to put on my leather gloves
and dig for you in the dirt of the garden.
If I'm not careful,
I can become oblivious to the everyday mystery –
the beauty of a daffodil,
the way sunlight rests upon my windowsill,
the spirit that speaks when my mind gets still,
and the non-coincidental meetings of strangers,
sharing the exact conversations I need to hear.

Open my eyes when they are blind to your majesty,
so that I may witness your glory
in every root, rock, river, and ravine.
May I read the love letters you've written
upon every stump I pass in the forest,
every deer that crosses my path,
and every squirrel that leaps from limb to limb.
May I marvel at your everyday miracles
and find your fingerprints upon every piece of evidence
in this case called life.

Musical Meditation – *Make This Moment Shine* by Charlie Nimovitz

Diana Closing

Spiritual Fulfillment can only occur now, in this moment. There is no other moment when it can happen.

Something to consider...being in a state of unfulfillment or discontent in this moment will never lead to fulfillment in another moment.

Spiritual Fulfillment doesn't happen in time...it can only happen now. When I am fully present, I am fulfilled. There is no need to do anything...no need for anything to be different.

Spiritual Fulfillment is not an attainment...it is already happening...it is about recognizing it, and allowing it...

In this moment, I deliberately choose contentment. As I become perfectly content with how things are in this moment...at peace with what is already happening, I begin to notice an inner Guidance...something that was already there, that was already happening...but now It can include me in Its process, because now I Am available.

I am not an entity that becomes Spiritually Awakened...Spiritual Awakening is happening, and I become a medium through which it happens.

Spiritual Awakening is more than just my experience of it...It is a Universal Process that I merge into as soon as I am available. To become available, I let go of the idea of

attainment or achievement, and instead, I rest in something that is already here...I rest in the miracle of Now.

Rev. Diana - Closing Prayer

Chant – *God Is, I Am* by Eddie Watkins, Jr.

SILENCE – 1 Minutes - Bell

Rev. Diana: Offertory – Blessing for the Offering

As I awaken to the God within me and all around me, I see Abundance everywhere I look. I consciously step into that flow of Abundance by this act of giving. I bless this gift, sending it forth to heal and prosper. It is evidence of my deep faith. It does good work in the world and blesses all of Creation. I give from a consciousness of Abundance! And so it is! Amen!

Offertory Music: *Be Here Now* by Narayan and Janet

Closing Gratitude, Brief Invitations, and Benediction