

## **Adventures in Waiting...**

**November 29, 2020 Taizé**

**Call to Awareness – 3 Bells**

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

**Chant** – *I Have Faith* by Karen Drucker

**SILENCE** – Bell

**Introduction** –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...Home to our Community, and Home to your own Mystic Heart.

Our theme for the month of November is *All is Blessing*. And this morning, I am going to lead you on a meditative journey entitled *Advent-ures in Waiting*. Today is the first day of Advent on the liturgical calendar, the Christian Calendar of Feasting and Celebration. I wasn't raised with the observance of Advent, but a group of us did some exploring last year and found that it deepened our experience of the holidays. They have become much more sacred...they have become Holy-Days.

The Advent begins on the fourth Sunday before Christmas and ends on Christmas Eve. The season of Advent is a time of waiting for what is yet to come...a time of waiting for the physical light to return...a time of waiting for what is to be born in us and in our lives. This year, more than ever before in my lifetime, the waiting seems more pronounced,

I invite you now to get comfortable and settle into the stillness, allowing your awareness to move more deeply into this time and place...relaxing into this experience, feeling yourself grounded in the here and now...letting yourself be held...letting go of everything else for the next hour.

Let your body, mind and soul be completely at ease, becoming absolutely still as you allow yourself to be taken by the meditative tone of Taizé...allowing the words and music to wash over and infuse you...

Now let's take a couple of slow, deep breaths, inhaling through the nose and exhaling through the mouth, allowing the muscles in your face to relax...settling into an open-hearted state, where Contentment is the dominant tone, where there is only here and now...feeling into this moment together...feeling the presence of your sacred community.

As we consciously step into the flow of meditation, we acknowledge our connection with all Life. Seeing with the inner eye, sense with me now a global web of consciousness, each of us a point of Light, all connected across the planet...like the Net of Indra...all beings, who in this moment, are sitting in meditation or prayer, or attending their own sacred services...all of us, acknowledging the Presence of the Divine...consciously connected by our common


purpose...feeling the collective intention that brought us here...feeling the deep communion with that which is bigger than we are...feeling the impulse to grow and evolve that's awakening within us...


The season of Advent offers us an opportunity...it invites us into a time of waiting, and to look at the qualities involved with waiting...patience...the release of control or surrender...being present...compassion...gratitude...humility...and faith in God.


Each week of Advent calls our attention to a different quality of Spirit. Traditionally, Hope is the first week's focus. I prefer to ground my heart and mind in Faith, as Hope seems to leave room for doubt. The four weeks of Advent give us an opportunity to allow Faith, Peace, Love, and Joy to become more present in our experience. This week we contemplate the nature of Faith. What does it mean to have faith? How does it feel? What qualities and experiences does it bring into your life? Take a few moments of silence now to contemplate what faith means to you...


## **SILENCE – Bell**


### **Reading - Diana**


 Faith is being sure of what we hope for, and certain of what we do not see...Hebrews 11:1


 Faith sees the invisible, believes the unbelievable, and receives the impossible.  
- Corrie Ten Boom

 Faith is an oasis in the heart which will never be reached by the caravan of thinking.  
– Kahlil Gibran

 Therefore, I tell you, whatever you ask in prayer, believe that you have received it and it will be yours...Mark 11:24

 Faith is that space between the leap and the landing. – Diana Johnson

 If you give up on your faith now, could you live with knowing that your chance of a lifetime was only one act of faith away? – Devon Franklin

 True faith is not a leap into the dark; it is a leap into the Light. – Eric Metaxas

## **SILENCE – 3 Minutes**

### **Musical Meditation – *The Adventure* by Gary Lynn Floyd**

### **Message – Diana**

“In the wilderness, prepare the way of the Lord; make straight in the desert a highway for our God.” Isaiah 40:3

In the midst of my undisciplined, uncultivated, and undirected thought, create a path to Divine Authority and Intelligence, Infinite Wisdom and Love; bring into alignment any place in me that is expressing anything other than Spirit.

Advent invites us to prepare, watch, wait, and keep awake. It is filled with paradox. "In the midst of hurt, there is hope. In the midst of fear, there is faith. In the midst of darkness, there is Light. Already...but not yet...is a paradox of Christ's coming...of the revealing of Christ Consciousness in every soul.

Already It is within us, available to us in every moment, but not yet. Each of us is on a journey of discovery, revealing more and more of the indwelling Christ with each day that passes. If we accept the invitation...if we prepare, watch, wait, and stay awake...the Light of Consciousness will dawn in our hearts and minds...and our world will make its next evolutionary shift.

This was the Good News that Jesus spoke of over 2000 years ago...that humanity will come to know and live from its Divinity...Love will lead the way, Peace will prevail, and Faith will set us free. He spoke as one ahead of his time...one who sensed the workings of the evolutionary process...and one who knew that the Divine Urge was forever moving us toward the fullness of our capacity as Sacred Humans.

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater *works* than these he will do, because I go to My Father." John 14:12 (NKJV)

As one by one, we come to understand these words...that we were being guided to have the faith OF Jesus, rather than faith IN Jesus...guided to draw on Divine Power, allowing It to move through us as we share in human community, then we will follow his example...we will surrender our own willful ways to a Higher Good, living from Love and Compassion, seeking Unity and Peace, honoring all of Creation...and stepping into the next stage of human evolution. It is our faith in the Infinite Nature of the Creative Principle, and our faith that all things are possible...that will ultimately set us free.

### **SILENCE – 3 Minutes**

**Diana –**

The Advent season calls us to waiting, but what is the nature of waiting? What is the practice of waiting? How are we called to wait?

Waiting, as seen in the Christian Gospels, is waiting with a sense of promise. I wait as one who has received something that is at work in me, like a seed that has started to grow. This is very important...I can only really wait if what I am waiting for has already begun.

So waiting is never a movement from nothing to something. It is always a movement from something to something more. And so, patiently I wait...grounded in the creative state of surrender...presence...compassion...gratitude...humility...and faith.

Second, waiting is active. There is nothing passive in scripture...there is nothing passive about walking the Spiritual Path. As I wait, I know that what I am waiting for is growing from the Ground of All Being. That is the secret of waiting...the faith that the seed has been planted, that something has begun.

Active waiting means that I am fully present to what is before me, in this and every moment.

I nurture the moment with a deep conviction that this moment is *the* moment. This moment is always and ever the only moment that matters.

### **Musical Meditation – *Waiting* by Karen Drucker**

#### **Diana – Practices to Cultivate Patience**

I offer a practice today and invite you to use it in the week ahead if you feel so moved. It is a Practice to Cultivate Waiting. First, we contemplate the following verse from Lao Tse in the Tao Te Ching:

Do you have the patience to wait till the mud settles down, and the water is clear?  
Can you remain unmoving till the right action arises by itself?

After a few moments of contemplation, offer a prayer that affirms patience in whatever you are waiting for at this time in your life.

In closing, let's pray together now:

#### **Diana – Closing**

I speak my Word in the first person, knowing it as the Truth for each and every one of us...those who are listening, those who are connected by the global web of consciousness.

And so it is, that in this blessed time of waiting for that which is yet to be, I am grateful for all that is before me, right here, right now, in this moment...the only moment that matters. No matter what I am facing, in my life or in the world, there are blessings sprinkled amidst the challenges. This has forever been true, is true now, and will forever be. All that is occurring in my life is offered as gift. I accept and give thanks for all of it, knowing that it grows and evolves my soul in just the right way. I wait patiently, in deep faith that Infinite Intelligence is forever at work, turning all to Good. As I surrender to what is, seeking to live in and from an ever-increasing alignment with the One, I Am lifted into the flow of God's Infinite Grace. No longer resisting situations of conditions as they arise, Gratefulness becomes my natural response to Life.

I mindfully acknowledge and give thanks for this time of waiting...knowing that in my patience, qualities of Spirit are being revealed in my world. The seeds of Love, Compassion, Joy, Peace, and Unity have been planted, and they cannot help but come to fruition.

And in my willingness to surrender to the Power and Intelligence of the Divine, I open the way for Infinite Possibility to emerge. I know with all that I Am that all beings can and will live in abundance, harmony, and freedom. The seeds have already been planted. I know to the core of my being that all beings can and will live with respect and compassion, taking care of one another, and walking softly on our Blessed Mother Earth. The seeds have been planted, and must come to fruition.

As I turn to that One and only Source, I know that Its Presence, Power, Intelligence, and Wisdom is what I Am...and this is True for all of creation.

In my Oneness with the Divine, I become a conscious contributor to the evolution of the planet, and of human nature itself.

As I ground myself in the Practice of waiting, letting go of the illusion of control and jumping whole-heartedly into a surrendered state of being, I am showered with blessings...ever-growing, always multiplied by my gratitude...by my deep faith and willingness to let go.

Giving thanks, and acknowledging this as the Truth of my being, I am lifted up; and as I Am lifted, so are we all lifted...for truly, we are One.

As I lean into the Radiant Light, the Infinite Intelligence, Divine Wisdom, Powerful Presence, and Limitless Love that is God, I cannot be led astray; for it is by God's Grand Design, Its Loving and Lawful Presence, Its infallible Action and unbounded Love, that my life unfolds. I Am at Peace.

And so, I release this prayer, on behalf of this global web of consciousness, in deep faith that Divine Order guides the cosmos and all of Creation. We consciously stand in the flow of ever-present Grace...calling it Good, calling it done. And so it is. Amen!

Let's pause for just a minute...bask in the vibration of prayer.

### **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: Video – *You Will Be Found* featuring the 2019 Jimmy Award Nominees**

<https://www.youtube.com/watch?v=iqVzaFWGP8>

**Closing Gratitude, Brief Invitation, and Benediction**