



beginning the journey of *transforming* grace: transforming consciousness

Reflection for the week of November 26, 2023

“Once the seed of faith takes root, it cannot be blown away, even by the strongest wind – Now that’s a blessing.” – Rumi (watch: [The Seed](#))

Opening Song

At This Table by Idina Menzel

“At this table, Everyone is welcome, So come, pull up a chair”

From “All About Love”
by Bell Hooks

In a 1967 lecture opposing war King, declared: “When I speak of love I am not speaking of some sentimental and weak response. I am speaking of that force which all great religions have seen as the supreme unifying principle of life. Love is somehow the key that unlocks the door which leads to ultimate reality. This Hindu-Moslem-Christian-Jewish-Buddhist belief about ultimate reality is beautifully summed up in the first epistle of Saint John: ‘Let us love one another, for love is God and everyone that loves is born of God and knows God.’”

Prayer for a Conversion of Heart
Kimberly King, RSCJ

Like your wind knows the feel of feathers,
I seek to know my heart.
Like your flowers bloom in a riot of glory,
I seek to open my heart.
Like glass that tumbles in your waves,
I seek to transform my heart.
From anger to peace
From negativity to peace
From worry to peace
From control to peace
From peace to deeper, wider peace
Like the mist that heralds lush morning wonder,
Let this change of heart settle lightly, thickly,
perhaps making me tremble in awe.

For your Reflection

As we embark on this journey of transforming consciousness, we open those spaces where the “other” is unwelcome and where we know ourselves to be the unwelcome “other.” In silence, with a simple breath, in this present moment, we can become one with all those who feel this same wall of separation. Reflecting, perhaps journaling with the following questions, and, if possible engaging in contemplative dialogue on them may lead us towards the first step on this journey.

Questions

Considering the image of table, who might need an invitation to our “table?” What might we need to do so that they might feel welcome?

Sometimes love takes us where we have refused to go. Think of a table where you have not felt welcome and imagine what it would take for you to say “yes.”

Closing Prayer

God of this new venture, we are walking into mystery.
We face the future not knowing what the days and months will bring us or how we will respond.
Be love in us as we journey. May we welcome all who come our way

