**Contemplative Service for Wednesday,**

**August 16, 2023**



First reading: Proverbs 6: 20-22

My child, keep to the holy teachings

    and do not forsake them.

Bind them upon your heart always;
    tie them around your neck.
When you walk, theywill lead you;
    when you lie down, theywill watch over you.

**Music:** The bells of Eglise St. Pierre Liens a Le Buisson-de-Caduoin, ringing the Angelus

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

**Second reading**: a Buddhist teaching

When the Buddha started to wander around India shortly after his enlightenment, he encountered several people who recognized him to be a very extraordinary being. They asked him: "Are you a god?" "No," he replied. "Are you a reincarnation of god?" "No," he replied. "Are you a wizard, then?" "No." "Well, are you a man?" "No." "So what are you?" They asked, being very perplexed.  Buddha simply replied: "I am awake."

**Music**: Bell ringing in Buddhist Temple, Korea

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

**Time of Silent Contemplation:**

*Great Mystery,
teach me how to trust
my heart,
my mind,
my intuition,
my inner knowing,
the senses of my body,
the blessings of my spirit.
Teach me to trust these things
so that I may enter my Sacred Space**and love beyond my fear,
and thus Walk in Balance
with the rising of each glorious Sun.*

*—Lakota Prayer*

**Communal Blessing:**

Just as we awake to the morning, relaxed and fuzzy, finding our way into consciousness, you lay your hand on our foreheads. The day anoints us. The light that will feed us rises on the horizon. Holy One, you are in the sharpening of our senses. We do not yet know all that it is to awaken, but today we open our eyes in trust and begin to see all that you offer. May we arise in unison with you. Amen.

**Music:** “Rain” by Rob Scallon, performed by Joey Brink

<https://www.youtube.com/watch?v=U54MgfRlvZc>

*Arise in peace, vitality, and clarity.*

*May you awaken to joy.*