

Aspen Chapel

A Spiritual Home for Everyone

Sunday October 11th 2020

Practicing the Presence

Introduction

Affirmation

I am aware of myself.

I am aware of my mind, my thoughts and the way that I am thinking about the world.

I am aware of my body, the way that I feel: my emotions, my pain and my joy.

I am aware this space around me. Of my presence in this space, and the space's presence in me.

I am aware of those people around me, their needs, their presence, their ability to contribute to me, and my ability to contribute to them.

I respect our relationship and the perfection of being in this space at this time.

I am aware of being a part of one whole, alongside all those here with me, and all that is around me.

I am mindful of the Grand Presence that holds everything together, that gives us life and sustains all within its being.

I commit to making my contribution through opening to that Grand Presence and allowing it to speak the language of love through me.

We are all one together.

Silence



Music

Body Prayer Heather

Guided Meditation Nicholas

Silence

Message Nicholas

Prayers Heather

Offertory

Conversation Nicholas and Heather

Music

Notices and Closing Remarks Nicholas

Blessing Heather

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