

Reflections for *Living Holy, Dancing the Living Spirit*

Deuteronomy 6:5-9

⁵You shall love the LORD your God with all your heart, and with all your soul, and with all your might. ⁶Keep these words that I am commanding you today in your heart. ⁷Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. ⁸Bind them as a sign on your hand, fix them as an emblem^[a] on your forehead, ⁹and write them on the doorposts of your house and on your gates.

Matthew 22:36-40

36 “Teacher, which commandment in the law is the greatest?” **37** He said to him, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ **38** This is the greatest and first commandment. **39** And a second is like it: ‘You shall love your neighbor as yourself.’ **40** On these two commandments hang all the law and the prophets.”

John 3:3-8

³ Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.”^[a] ⁴ Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?”

⁵ Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit.^[b]

⁷ Do not be astonished that I said to you, ‘You^[c] must be born from above.’^[d] ⁸ The wind^[e] blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

On the Spirit and the Sacred Dance of Life:

“Arthur Peacock, [Anglican theologian and biochemist, author of *Religion in an Age of Science*], suggests ha a fitting image for the Creator Spirit would be that of a choreographer of an unfinished dance ingeniously improvising steps for a piece that requires the creativity of the dancers to complete. The relation is no on of dominating or commanding power over, but one of reverent, empowering love.”

(quoted from Elizabeth Johnson)

On the Sanctity of Ordinary Living

“... the Rule [of St. Benedict] is a model for those who know that ordinary life lived extraordinarily well is the raw material of holiness.”

(quoted from Joan Chittister, OSB)

In Praise of Doubt: A Poem for "Adonai S'fatai Tiftach"

(Psalm 51:17)

Stacey Zisook Robinson

I find God in my doubt,
In the struggle to
Be
The absolute best of me,
And in my fear
That I find only my
Worst.
I wrestle,
and am restless
and I wander, rootless,
exiled.
barricaded by silence.
God of Hosts
and Light
and Mercy--
God of the desert
and unseen edges--
God of my devotion
and my rebellion:
Open my lips
That I may declare your praise.

A Refrain From:

The Great Divide by Point of Grace

Words and music by grant cunningham & matt huesmann

There's a bridge to cross the great divide
A way was made to reach the other side
The mercy of the father, cost his son

His life

His love is deep, his love is wide

There's a cross to bridge the great divide

***Be More Heart and Less Attack* by Need to Breathe**

Be the light in the crack
Be the one that's been there on a camel's back
Slow to anger, quick to laugh
Be more heart and less attack

Be the wheels not the track
Be the wanderer that's coming back
Leave the past right where it's at
Be more heart and less attack

The more you take the less you have
'Cause it's you in the mirror staring back
Quick to let go slow to react
Be more heart and less attack

Ever growing steadfast
And if need be the one that's in the gap
Be the never turning back
Twice the heart any man could have

Be the wheels not the track
Be the wanderer that's coming back
Leave the past right where it's a

Be more heart and less attack
Be more heart and less attack
Be more heart and less attack

I stuck my hat out, I caught the rain drops
I drank the water, I felt my veins block
I'm nearly sanctified, I'm nearly broken
I'm down the river, I'm near the open

I stuck my hat out, I caught the rain drops
I drank the water, I felt my veins block
I'm near the sanctified, I'm near broken
I'm down the river, I'm near the open

I'm down the river to where I'm going

Moving Physically to be Everywhere Spiritually



Sacred Dance Summer Workshop St. Andrew's Abbey July 23rd-26th

Led by John West

www.saintandrewsabbey.com

"It is not what you are or have been that God looks at with his merciful eyes, but what you would be." (14th century English mystic and author of The Cloud of Unknowing)

The work and prayer of sacred dance will provide participants the preliminary steps toward knowing one's true self and walking on an individual path toward spiritual wholeness.

Join dancers, musicians, artists, liturgists, and poets of faith to voice, dance and step into new ways of creativity and prayer. Our work will help us recharge our energies and commitment to personal renewal.

John is an oblate of St. Andrew's Abbey and founder of the Valyermo Dancers. A gifted dancer, choreographer, and liturgist and writer, he has been conducting workshops at St. Andrew's and Holy Spirit Retreat Center, as well as at international and national collegiate and university levels. His professional associations include serving on the board of the Sacred Dance Guild and as a member of the prestigious North American Academy of Liturgy.

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