

Thoughts and Smiles – Monday, April 19, 2021

As of this edition, the provincial pandemic shutdown has been extended. Everyone is tired of the restraints and being slowed down in all that we want to do. But it is also a continuation of a unique period of experiencing things in new ways—an imposed learning exercise of sorts where we can discover both disturbing and affirming things about ourselves. The past Monday offerings have followed a theme of *finding grace in what is mundane and ordinary*. I came across some interesting stuff last week.... First, this poem/reflection by **Steve Taylor** and then a kind reader of these posts sent me a link to a most profound and illuminating reading by **Kevin McCormack** – parallel theme going on here!

The Structure Dissolves

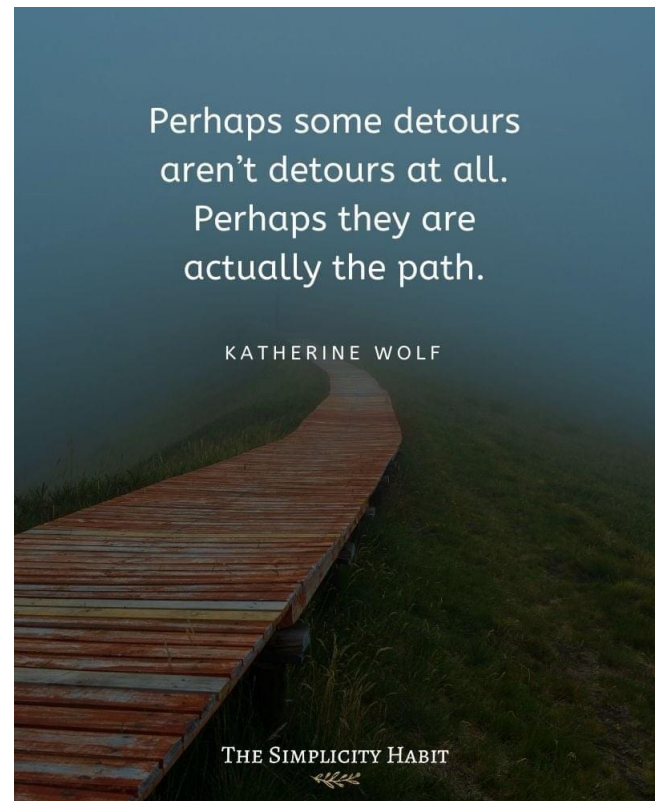
I don't know whether this is desperation of elation
There is only a gentle push between the two
The slighted breeze could sway me to either side
But somehow it doesn't matter
It's just the same landscape through a different lens.

A structure which seemed so sturdy
So deep-rooted I didn't even realize it was
there
A house I hardly ever set foot outside
And started to think was the whole world
Is so fragile that it's about to dissolve.

Just a certain frequency
A certain pitch of stress and turmoil
And the ego edifice crumbles
Leaving nothing behind
A trail of dissipating smoke.

I don't know what's behind it
What will emerge in its place
But something vast and subtle
A pressure, gentle and unstoppable
Is pushing through.

All I have to do is trust it
To let myself be blanked out
To let this island be submerged
By the mighty ocean.



'If This Time' By Kevin McCormack

<https://www.youtube.com/watch?v=vFRIV-9nFAI>

It is Divine Grace that gives us the power to step past our comfort zone and live with both feet in. It is the grace of God that helps us face our controlling fears and give up our resistance to accepting all invitations, to letting go and enjoying our life experience fully. It is Divine Grace that escorts our defended pride away from our hearts and leads us into the light of trust. Pray for the grace of God to free you from the prison of your own making.

Prayer

*God of Possibility, I pray for your holy grace to help me get out of my own way and overcome any ignorance, fear, and resistance to life that may consciously or unconsciously hold this day. I humbly ask for your holy grace to assist me in saying a wholehearted **YES** to life as it unfolds before me this week. I pray for the grace to put two feet into every positive invitation, every opening, every opportunity I receive with a complete willingness to fully commit to, experience, and enjoy my life as a protected, illuminated Divine Being. I pray for your holy grace to enable me to drop my unconscious, ego-based defenses, prideful posturing, and limiting ideas and beliefs, and to help me fully open my heart to receive more of your love, light, enthuse, and confidence as I move through the week ahead.*

I ask for your grace to help me surrender all illusion of control that I may try to exert on others and instead turn my awareness inward and open my heart to follow your subtle promptings as they appear before me, step by step. I ask to be a channel of your holy grace to flow uninterrupted through my words, actions, thoughts, and feelings, helping me to open the hearts of those with whom I encounter this week.

I fully open my heart to receive your holy grace this day, this week and I thank you in advance for answering my prayer. Amen.

Your Monday Smiles...





Please remember to check out "David's Blog" on the Sauble Beach United Church website.

<https://saubleunitedchurch.ca/category/davids-blog/>

*I managed to post my first one last week, and I hope to post upcoming Monday – **Thoughts and Smiles** – inviting any responses or additional input you would like to make. Could be both interesting and mostly – FUN!*



Have a terrific week!
Blessings to you all!

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