

Scripture Passages

- Mark 4:35-41 – Jesus Calms the Storm
- John 14: 1-14 – Last Supper Discourses
- Luke 6: 12-16 – The Mission of the Twelve

Holy Spirit Parish
Second Mountain
-- Session 1 --



For Equilibrium

John O'Donohue

Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.

As the wind loves to call things to dance,
May your gravity be lightened by grace.

Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.

As water takes whatever shape it is in,
So free may you be about who you become.

As silence smiles on the other side of what's said,
May your sense of irony bring perspective.

As time remains free of all that it frames,
May your mind stay clear of all its names.

May your prayer of listening deepen enough
To hear in the depths the laughter of God.

Reflection Questions

1. Which stage of grief am I in now during this Shelter in Place?
2. What is my biggest challenge?
3. What is my biggest loss right now?
4. Am I ready for a change?