



# FIRST-SUNDAY CONTEMPLATIVE SITTING

JUNE 2022

BLOOMIN' JUNE

There is something unique with all the months of the year, but there is something about June that just makes you smile and maybe even hum. Could it be the coming warmth, blue skies, easy breezes or crash of thunderstorms? Perhaps it's the freshness and surprise of aliveness and abundance that June ushers in that just knocks your socks off!

It is then with this Spirit of June 2022 we "let out joyful shouts" to celebrate our cherished Jubilarians. To all of you we say ~

*See how far you've come?*

*We thank you all for your years of living and loving and for letting your "yes" to life, make of you who you are becoming today.*

And then ...

For the first time ever, the month of June plays host to our General Chapter 2022. All of us will gather June 26 to July 2. Consider for a moment that it matters not whether you are present physically in Chicago or present in mind and heart from wherever you live. We all gather in fullness of intention – contemplative discernment of our shared future. With courage and brave hearts, we also discern how best to care for the life of all beings in this our precious and fragile, brokenhearted world.

*The part can no longer make believe that it does not belong to the Whole or contribute to the life or death of the Whole. We are one great respiration.*



*One great circulation.*

*One great web of life over the round earth.*

— Bill Cane<sup>1</sup>

*There is only one stream of Divine Presence. It is not only the Essence of each of us but is also the very energy moving the life of the Whole forward. The name for this Love-Energy, used by the Jews at the time of Jesus, was Alaha, a name that in its basic meaning, "Sacred Connection", was a vivid reminder of this Oneness of all.<sup>2</sup>*

We have only just begun to know that this Essence, shining within our very being, is Love for the sake of all.

Breathing in, I awaken to this Essence  
Breathing out, I smile.  
Breathing in, Oneness of all.  
Breathing out, I come to stillness.

<sup>1</sup> *Who Creates the Future*, Francis Rothluebber, p. 92.

<sup>2</sup> *Ibid*

# CONTEMPLATIVE MEDITATION

*Opportunities to find deep powers within ourselves come when life seems most challenging.*  
— Joseph Campbell

Mindfulness meditation is a practice that helps you to see things as they really are. You can discover a stillness and a presence in the midst of activities such as talking, eating, listening, asking, responding, and waiting. Mindfulness meditation is not an activity we do once in a while. Rather, it is a way of being that we carry with us throughout the day. The more quietly you sit, you begin to notice how everything you can see is in a state of change and is an invitation to grow more at ease with uncertainty.

Mindfulness Practice: Decide a time when you will practice sitting or walking meditation. This might be 5, 10, or more minutes every day or three times a week or ...

First, come gently into your body; find a comfortable posture, let your shoulders drop, rest your hands on your lap or knees, allow your eyes to gently close or soften their gaze.

Now bring your awareness to the present moment. Notice if the mind offers you thoughts, emotions, or feelings to think about. If so, let them go like clouds in the sky. Gently place your focus on the breath at the tip of the nose or on your chest or abdomen.

As you follow the breath you can say softly “in” and “out” with each breath yet resting most of your attention on your actual breathing. It does not matter how often the mind wanders, as long as each time it does, you bring it back to the breath. Awareness with no judgment or self-criticism is key.

At the end of each meditation, express gratitude to yourself for your blessed effort. Remember there is ~ *Nothing to do, No place to go. Only Rest on the Breath.*

Draw your meditation to a close with these Loving-Kindness prayer intentions ~

*May I live in awareness this day. May all beings live in awareness this day.*

*May I tend to my suffering with love. May all beings tend to their suffering with love.*

*May I live and awaken with ease. May all beings live and awaken with ease.*

*May seeds of compassion flower in me. May seeds of compassion flower in all beings.*

*May I know that I am beloved of God. May all beings know they are beloved of God.*

*May I....*

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