

Refection Friday Week 20 -2022

The word used for the breath of God is *ruah*. It is the Spirit of God breathed into us. It is our essential life force. Ezekiel colours its meaning for us spectacularly. However, dead-like we might feel, the *ruah* of God can bring us back to life: such is the power and goodness of God. Just think: every breath we breathe in and out carries with it the presence of God given and received. Coming to church, as we do, is a way of revitalising that presence of God within us so that we can breathe God more effectively.

Holy Ground by *Macrina Wiederkehr*

My bare feet walk the earth reverently
for everything keeps crying,
Take off your shoes
the ground you stand on is holy

When the wind sings through the pines
like a breath of God
awakening you to the sacred present
calling your soul to new insights
Take off your shoes!

When the sun rises above your rooftop
colouring your world with dawn
be receptive to this awesome beauty
put on your garment of adoration
Take off your shoes!

When sorrow presses close to your heart
begging you to put your trust in God alone
filling you with a quiet knowing
that God's hand is not too short to heal you
Take off your shoes!

When, during the wee hours of the night
You drive slowly into the new day
And the morning's fog, like angel wings
hovers mysteriously above you
Take off your shoes!

Take off your shoes of distraction
Take off your shoes of ignorance and blindness
Take off your shoes of hurry and worry
Take off anything that prevents you
from being *a child of wonder*.

Take off your shoes;
The ground you stand on is holy.
The ground you are is holy.

When people go underwater in films, I like to hold my breath to see if I would have survived in that situation almost died during Finding Nemo!!