

POST HOLDING



I am the true vine, and my Father is the husbandman. 2Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit. 3Now ye are clean through the word which I have spoken unto you. 4Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. John 15:1-4

Cynthia Bourgeault refers to *Holding the Post*. Show up as clear and strong as you can each day. Hold your intention and your attention, don't get lost in judging each and every thing that occurs. This changes your physiology and it strengthens habits in the direction of your intention. It's done quietly; it is not about making a show.

WHEN LEADING...HOLD YOUR POST...and that POST is a KEY role in 'galvanizing the group'...like an orchestra conductor...who leads very gifted people. It takes SOMEONE to step to the plate and LEAD...for the others to BRING THEIR GIFTS INTO BEAUTIFUL MUSIC TOGETHER. AND,

just as the leader POST is important...so too the **AUDIENCE POST is critical**. This is like the 2 sides of a battery...the positive and negative sides (audience and leader)...each holding key POSTS....that together, BRING ABOUT THE ELECTRICITY and the 'graced movement' that can come when the conditions are right.

BOTH POSTS are key...and if 'one is off'...the 'grace'/magic doesn't happen in the same way. So, it's a humbling journey as leader...knowing that 'what happens' is also dependent on 'what the audience' brings...as well as what you bring. AND as a leader or participant, hold your post...be ALERT, SUPPLE and HUMBLE in your post holding.

As a child whirls and circles with the wind, yet holding firm to the post, without any fear of falling, so to, you can perform your worldly duties, fixing your hold firmly upon God, and you will be free. Ramakrishna

QUESTIONS FOR CONTEMPLATION:

1. What is your interior 'sensation' of holding your Post? Can you get in touch with a sense of 'verticality'...a 'pull from above'?
2. As you journey through the Stations for Contemplation and Prayer, bring your attention to your post. In each station... Courage, Clarity, Peace, and Solidarity...notice how Post holding feels
3. Bring your attention to an event of several days ago or longer that challenged your holding steady in your post. Notice how that felt in sensation. Be gentle with yourself and kind. Post holding takes time, practice and gentle self awareness. Share your noticings with God...
4. Recall the last time you whirled around your post in utter childlike glee....

(Created By Linda Klopp, Moravian Seminary)

Wisdom Way of Knowing-A Pause for...Peace



In a time of change and uncertainty, The Wisdom Jesus calls us to claim the gift of inner peace with these words from the *Gospel of John*:

“Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. Abide in my love.”

Take a moment to sit quietly with The Wisdom Jesus’ invitation to you, rereading these words one or two more times.

- **Can you recall a time when you felt inner peace? How did it feel?**
- **How does experiencing inner peace feel different in your body from when you feel troubled or afraid?**

Offer your noticing to God, and breathe in the gift of God’s peace.

“Without being peace, we cannot do anything for peace. That is why it is so important for us to practice mindfulness, to acquire the capacity to look, to see, and to understand. Peace work means, first of all, being peace.” - Thich Nhat Hanh, Peace is Every Step

- **Is there a particular situation in your life in which you feel practicing mindfulness would “increase your capacity” to “look, see, or understand” the situation more clearly or deeply?**

Offer your noticings to God, and breathe in the gift of God’s peace.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” Rumi

Wisdom Way of Knowing-A Pause for...Peace

“Solidarity is something much more than mercy: usually when you appease your conscience (donate money to starving children in Africa, to use the usual Starbucks example), you can go on with your daily life as if nothing really happened. However, once you are enacting solidarity you can even abstain from charity or mercy: even if you don’t give a dollar to every beggar, you can’t go on with your daily life as if nothing really happened. Why? Because you carry him in your life; you live with him not like with some “integrated outcaste” (as some live with immigrants or refugees today), but s/he is a part and even a presupposition for your very action: s/he can never be fully integrated, because injustice can’t be integrated in acts of love. This is why solidarity already contains love.”

— Srećko Horvat, The Radicality of Love

- **Are you feeling a call to enact solidarity with another person or group?**
- **How might practicing mindfulness impact your response to the call and your felt sense of solidarity with that person or group?**

Offer your noticings to God, and breathe in the gift of God’s Oneness.

*“I don’t believe in charity.
I believe in solidarity.
Charity is so vertical;
It goes from the top to the bottom.
Solidarity is horizontal
It respects the other person.
I have a lot to learn from other people”*
- Eduardo Galeano

- **Can you feel the horizontal & vertical nature of your solidarity with others?**
- **What happens within you as you embrace the attitude that you “have a lot to learn from other people”?**

Offer your noticings to God, and breathe in the gift of God’s Oneness.

(Created By Bertie Knisley, Moravian Seminary)

A Pause for...Courage...

For Courage

When the light around you lessens
And your thoughts darken until
Your body feels fear turn
Cold as stone inside,

When you find yourself bereft
Of any belief in yourself
And all you unknowingly
Leaned on has fallen,

When one voice commands
Your whole heart,
And it is raven dark,

Steady yourself and see
That it is your own thinking
That darkens your world,

Search and you will find
A diamond-thought of light,
Know that you are not alone
And that this darkness has purpose;
Gradually it will school your eyes
To find the one gift your life requires
Hidden within this night-corner.

Invoke the learning
Of every suffering
You have suffered.

Close your eyes.
Gather all the kindling
About your heart
To create one spark.
That is all you need
To nourish the flame
That will cleanse the dark
Of its weight of festered fear.

A new confidence will come alive
To urge you toward higher ground
Where your imagination
Will learn to engage difficulty
As its most rewarding threshold!

John O'Donohue, *Bless the Spaces
Between Us*, 2008.

Courage is a heart word. The root of the
word courage is *cor*, Latin for *heart*.

Process for Contemplating COURAGE:

1. Bring to mind your heart's desire....today....in this season. NOTICE how this DESIRE feels 'in sensation'. NOTICE what 'courage' it may take to stay true to that desire. To 'hold that post'.
2. Then take some time to notice your mind's fear (if any) of the consequences of that desire... notice THIS in sensation.
3. Then, close your eyes and gather all the kindling around your heart to create one spark. That is all you need.
4. What is the kindling that enables you /will enable you to act upon your heart's desire...despite your fear? Take some time to notice this with God... get in touch with DEEP courage...available to us...'Divine Kindling'...as we 'lean into Mystery'.

(created by Kim Denyes & Janet Bickford, Moravian Seminary)