

Monthly Theme: Inspiration

October 29 & 30: Hope

“You shall know that I am in the midst of Israel, and that I, the LORD, am your God and there is no other. And my people shall never again be put to shame.”

~ Joel 2:27

“If you mount two clock pendulums side by side on the wall, they will gradually begin to swing together. They synchronise each other by picking up tiny vibrations they each transmit through the wall...entrainment....We vibrate..., we pulse, move rhythmically, change rhythmically; we keep time.... Successful human relationship involves entrainment — getting in sync.”

—Ursula K Le Guin



**Invitation
to Hope**

Center with: shame pulses an irregular beat, Conductor-of-the-Universe. Yet, Divine meter surrounds me; the rhythm resonates within. I own my cadence, in sync with the Universe. I pulse with the Divine.

**Breathe
In:**

**I own my
cadence**

**Breathe
Out:**

**I pulse with
the Divine**



Reflection:

How do you know God is present?

What might being in sync with God look like?
in sync with someone else? with yourself?

I will own my cadence today by: