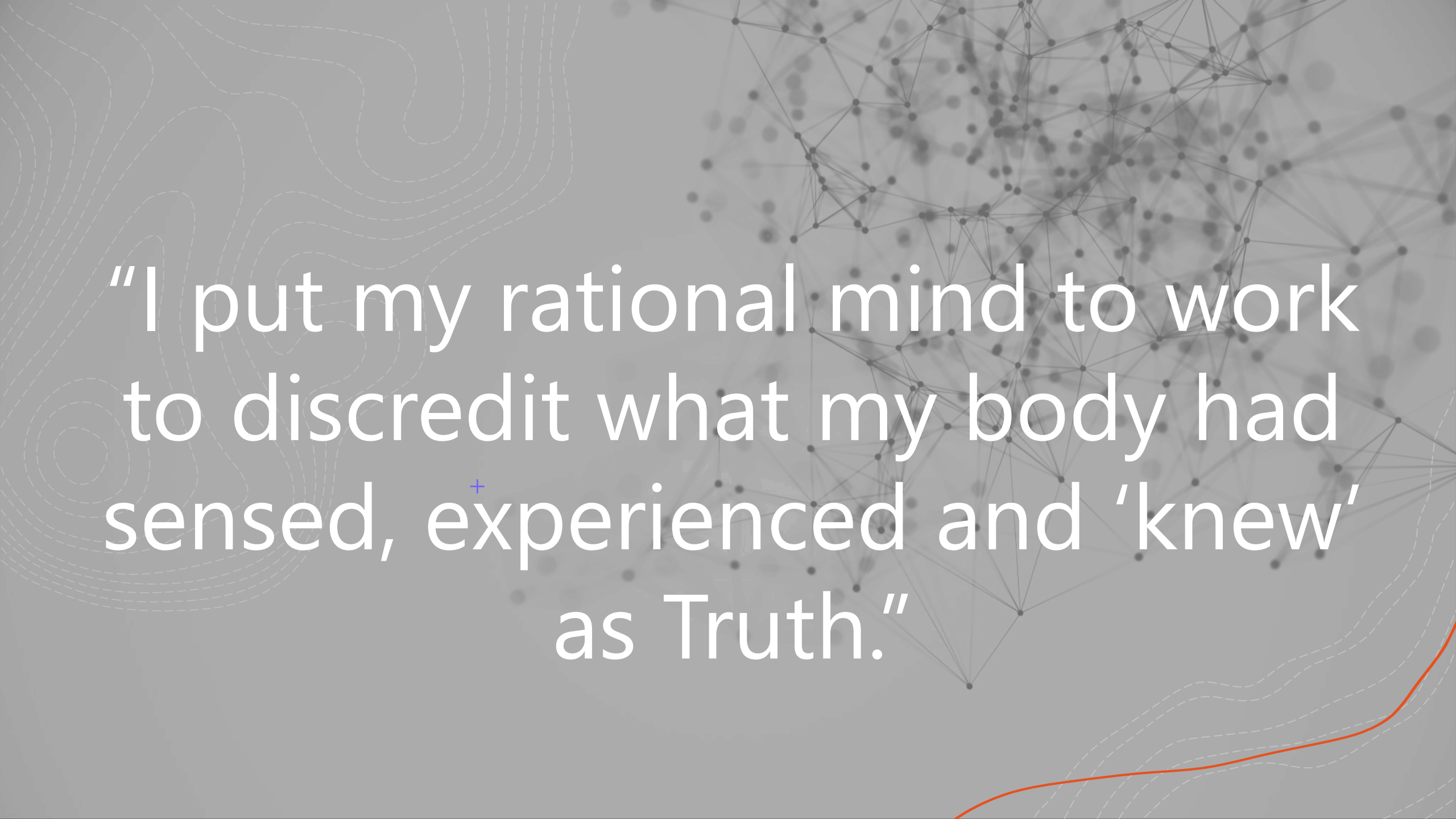


EMBODIMENT

Knowing God Through the Body⁺ ... part 2

justice, liberation and fullness of life

The background is a light gray with a complex network of dark gray nodes and lines, resembling a neural network or a data visualization. There are also wavy, dashed lines in a lighter gray color, and a solid orange line in the bottom right corner.

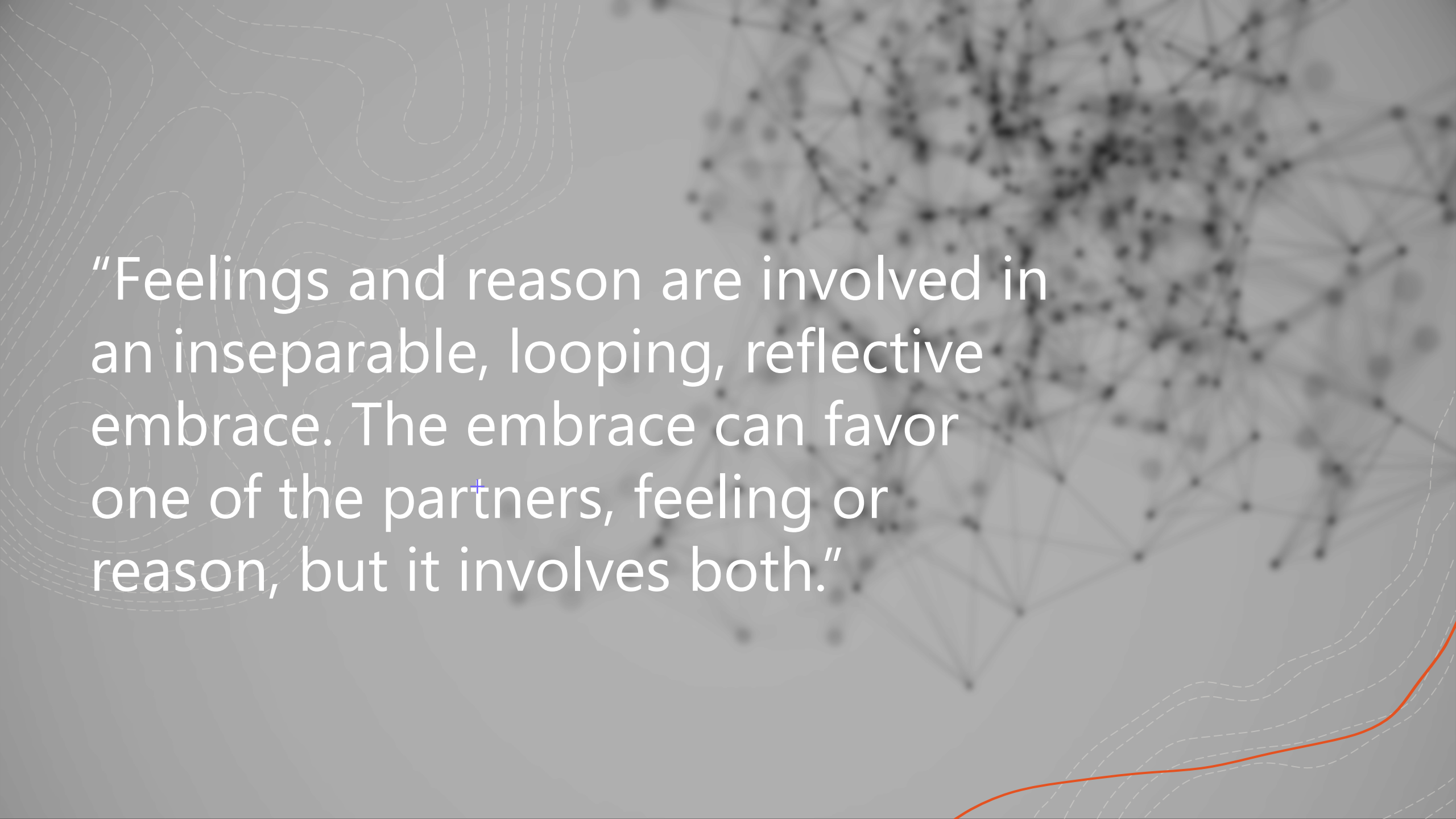
“I put my rational mind to work
to discredit what my body had
sensed, experienced and ‘knew’
as Truth.”

Deuteronomy 30

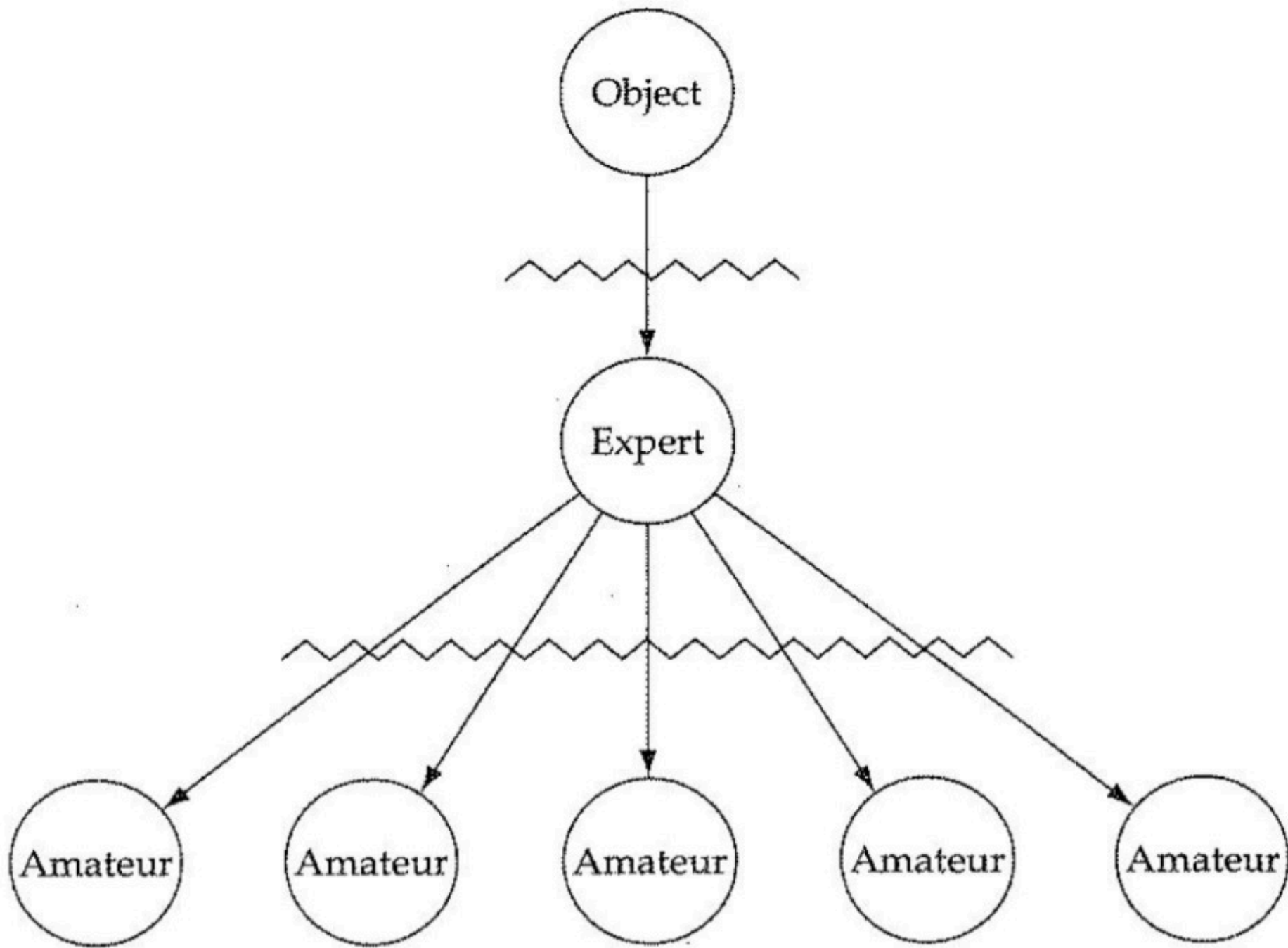
¹⁹ I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. **Choose life** so that you and your descendants may live, ²⁰ loving the LORD your God, obeying God's voice, and clinging to the Most High; for that means life to you and length of days, so that you may live in the land which God swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

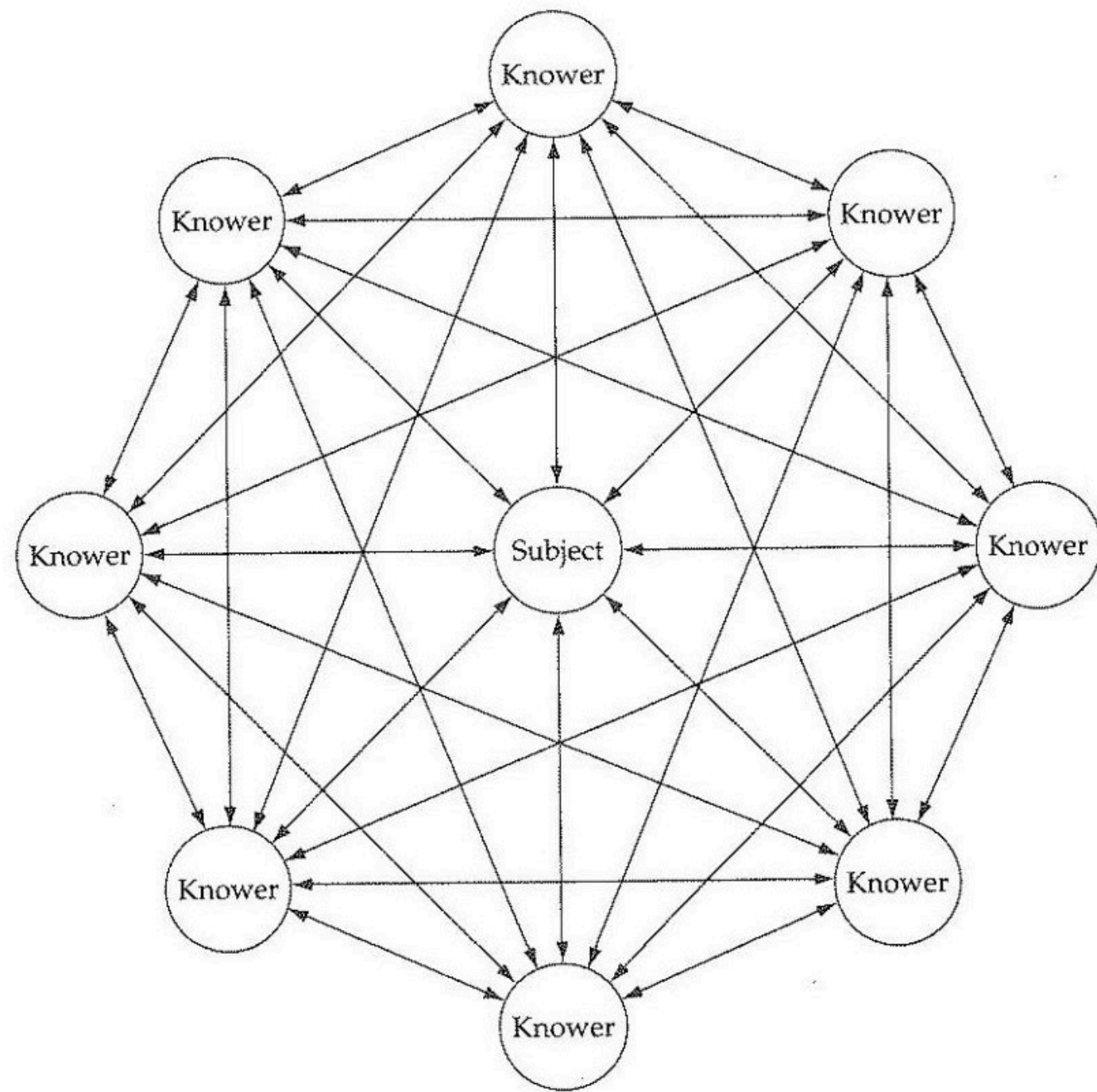
// HOMEOSTASIS //

Feelings are the subjective experiences
of the state of life.

The background is a light gray gradient. On the left side, there are faint, white, concentric topographic-style lines. On the right side, there is a complex network diagram consisting of numerous small black dots connected by thin black lines, resembling a molecular structure or a data network. In the bottom right corner, there are several wavy lines, with one solid orange line and others in white and gray.

“Feelings and reason are involved in an inseparable, looping, reflective embrace. The embrace can favor one of the partners, feeling or reason, but it involves both.”







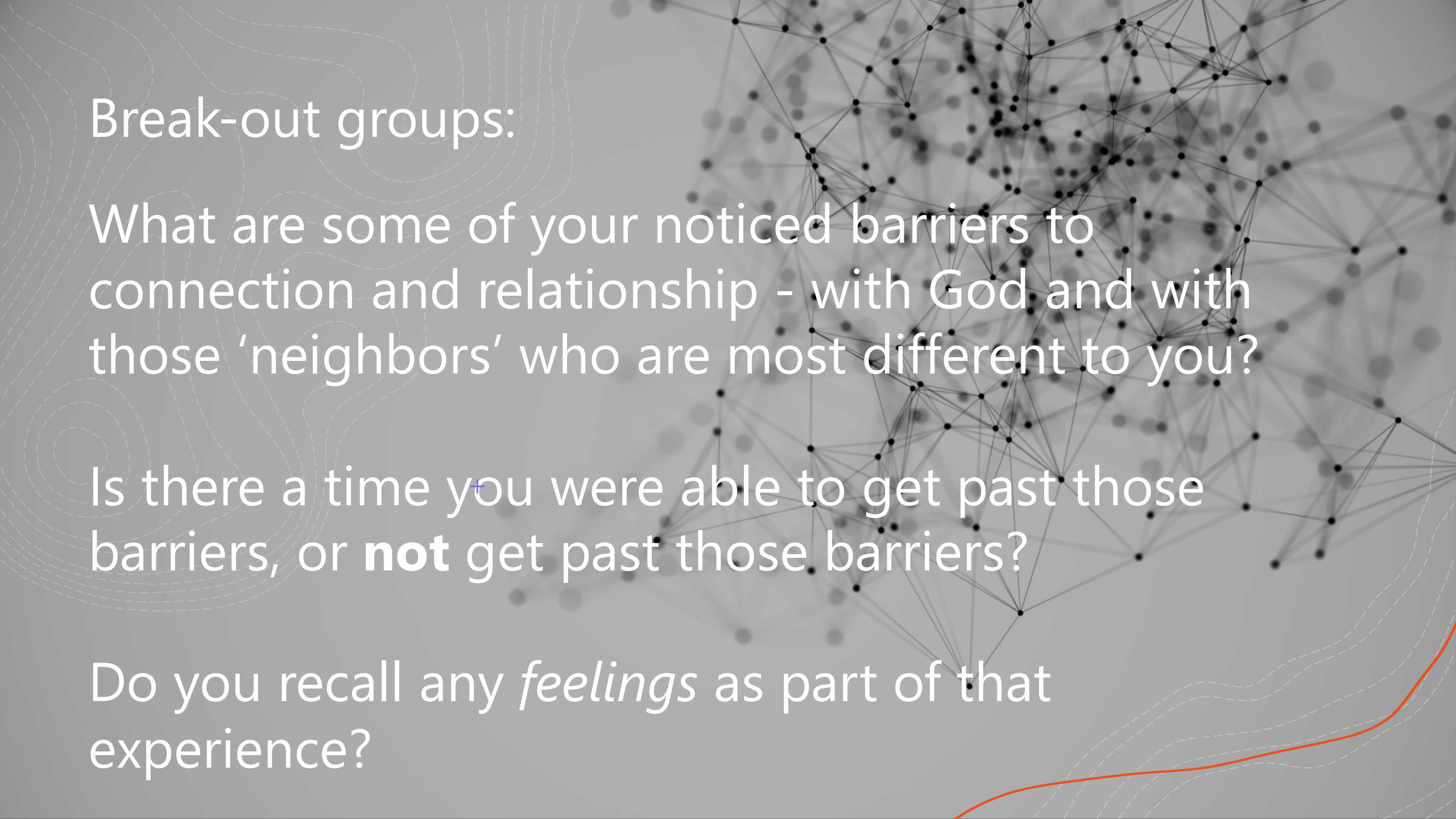
David Tracy, theologian
and Roman Catholic priest:

Relatively adequate ⁺ truth emerges from
CONVERSATION.

The background features a complex network of black dots connected by thin lines, resembling a molecular or digital structure, set against a light gray backdrop. On the left, there are faint, white, wavy lines that look like topographic contours. In the bottom right corner, a solid orange line curves upwards.

Luke 9:3

³Jesus said to them, "Take nothing for your journey, no staff, nor bag, nor bread, nor money – not even an extra tunic."



Break-out groups:

What are some of your noticed barriers to connection and relationship - with God and with those 'neighbors' who are most different to you?

Is there a time ⁺you were able to get past those barriers, or **not** get past those barriers?

Do you recall any *feelings* as part of that experience?



Re-turn to God through Prayer

Daily Office:

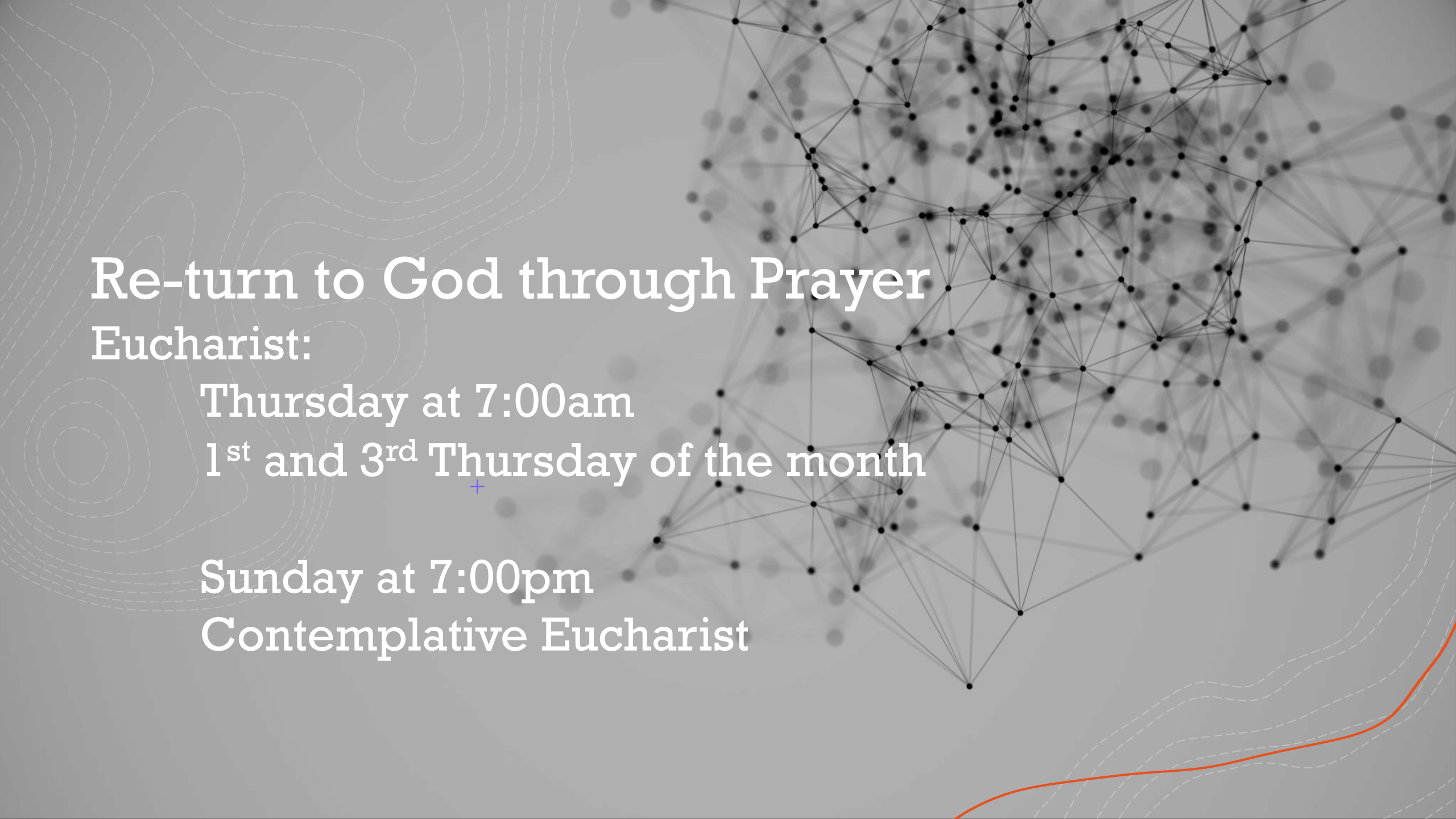
Morning Prayer

Wednesday at 8:30am

Thursday at 7:00am

Evening Prayer

Monday – Friday 6:30pm



Re-turn to God through Prayer

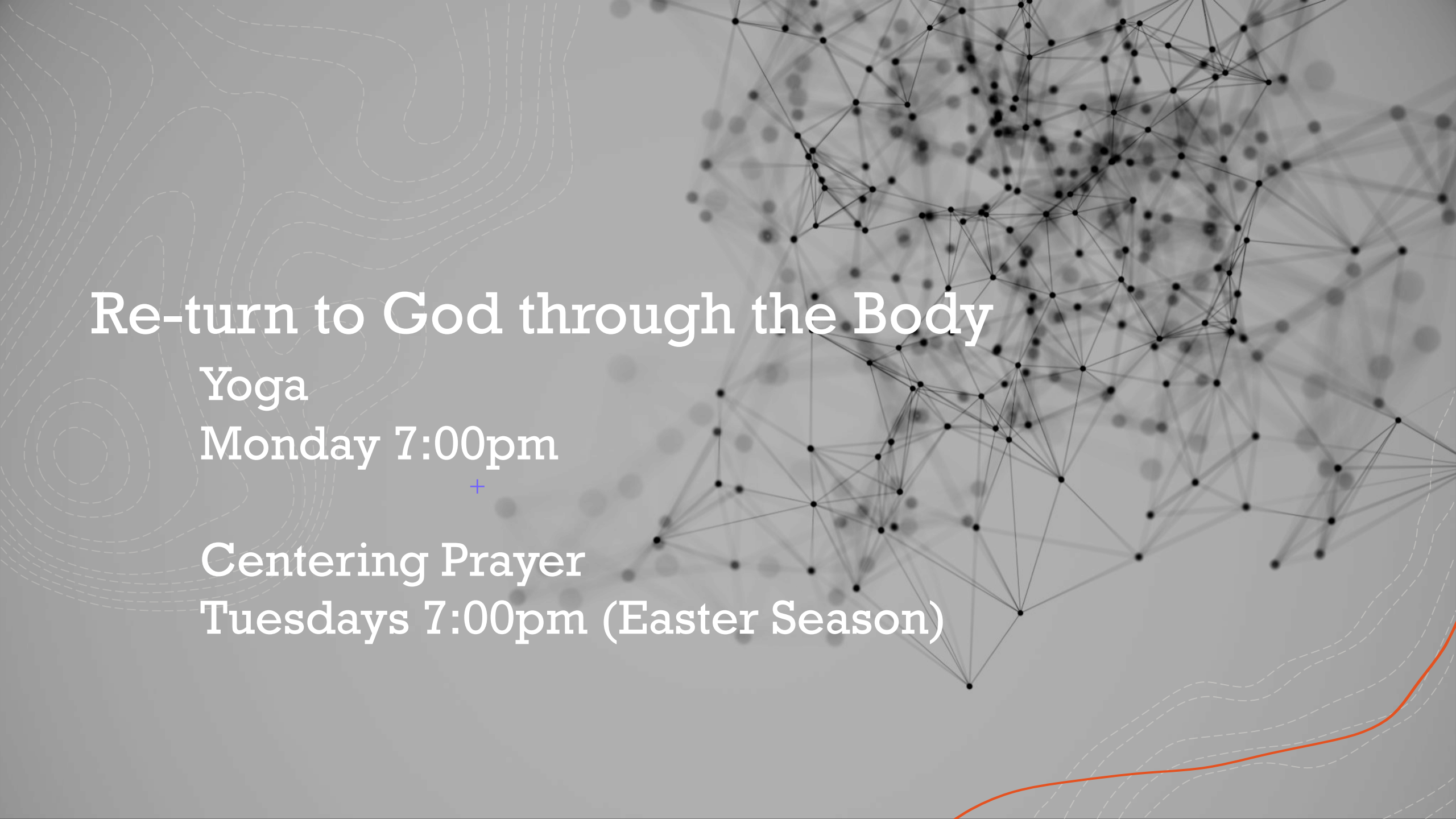
Eucharist:

Thursday at 7:00am

1st and 3rd Thursday of the month

Sunday at 7:00pm

Contemplative Eucharist



Re-turn to God through the Body

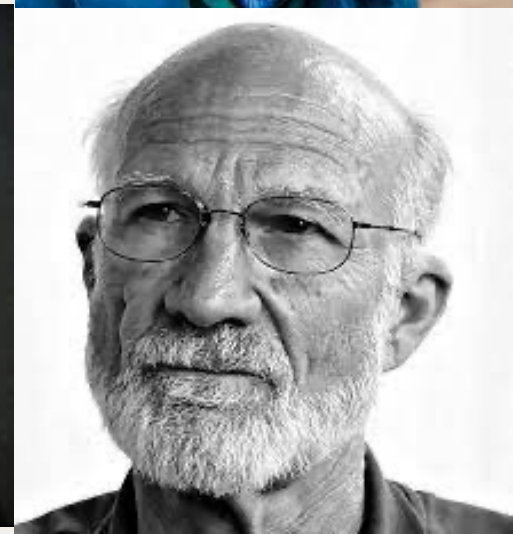
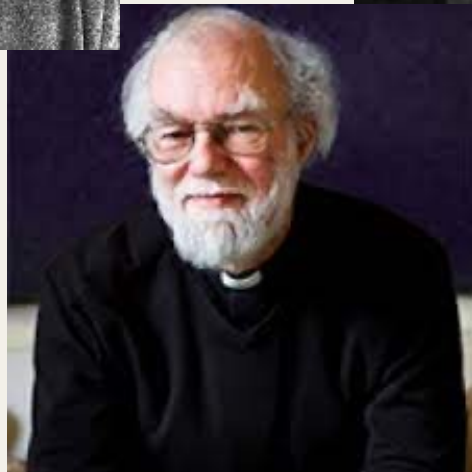
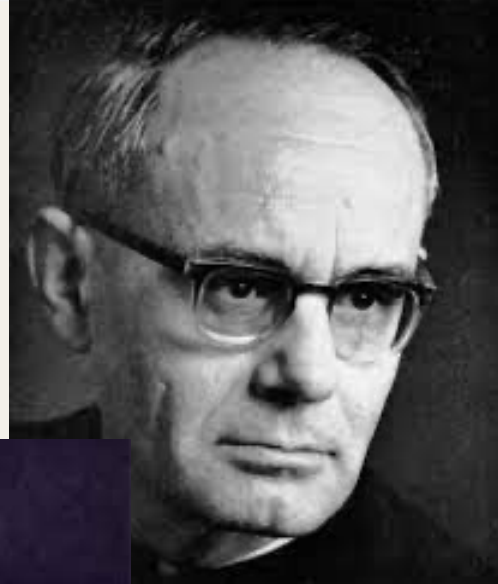
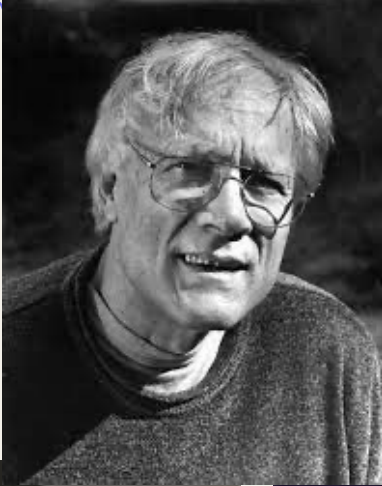
Yoga

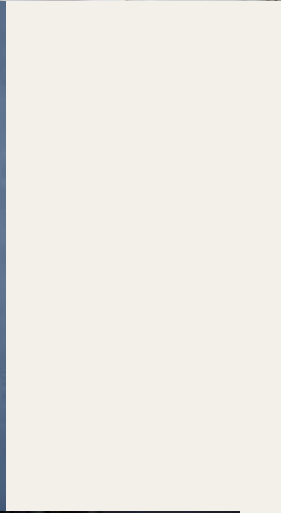
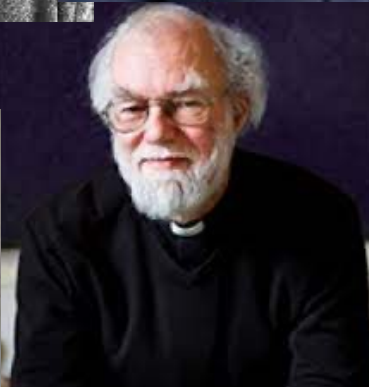
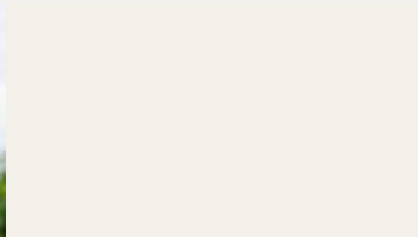
Monday 7:00pm

+

Centering Prayer

Tuesdays 7:00pm (Easter Season)







SUNDAY, APRIL 3: 6:30–7:30 pm
*in the cathedral nave and
livestreamed*