***Election Night Peace & Prayer***

***November 3, 2020***

As we breathe in and out, we are showing up. We are present with one another.

Joanna Macy, a Buddhist scholar, shares that what offers us hope within our moments of uncertainty is our persistence to show up; to be present. We are showing up and we are her

I invite you to take a posture that feels genuine with where you are right now. Perhaps that’s literally laying on the floor, holding yourself in a hug, closing your eyes, drawing in and letting out deeper breathes – whatever it may be – **you are here, and we are here, together.**

Let’s breathe together as we listen to ***Rainer Maria Rilke, All Will Come Again***

All will come again into its strength:

The fields undivided, the waters undamned,

The trees towering and the walls built low.

And in the valleys, people as strong

And varied as the land.

And no churches where God

Is imprisoned and lamented

Like a trapped and wounded animal.

The houses welcoming all who knock

And a sense of boundless offering

In all relations, and in you and me

No yearning for an afterlife, no looking beyond,

No belittling of death,

But only longing for what belongs to us

And serving earth, lest we remain unused