



Motto 1: Face the Day

Motto 1 Defined

Feet on the floor to greet the day with fortitude. Facing the Day is a posture for possibilities. It means showing up in spite of the most difficult circumstances. Avoiding avoidance: because things often turn out better than we imagine.

A Morning Resolve



I will try this day to live a simple, sincere, and serene life--repelling promptly every thought of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, generosity in giving, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike faith in God.

In particular, I will try to be faithful in those habits of prayer, work, study, physical exercise, eating, and sleep which I believe the Holy Spirit has shown me to be right.

And as I cannot in my own strength do this, nor even with a hope of success attempt it, I look to thee, O Lord God my Father, in Jesus my Savior, and ask for the Gift of the Holy Spirit.

So be it.



The liturgy of dawn signals the wonder of the arriving day. The magic of darkness breaking through into color and light is such a promise of invitation and possibility. No wonder we always associate the hope and urgency of new beginning with the dawn. Each day is the field of brightness where the invitation of our life unfolds. A new day is an intricate and subtle matrix; written into its mystery are the happenings sent to awaken and challenge us.

--O'Donohue, *To Bless the Space Between Us*, p 191

I had fallen. When I got up, there were three paths I hadn't seen.

One went down to the river, where the rhythm of life eased the current.

The far path went into the mountains, away from the living, where the birds of prey were tired of looking for prey.

The middle path led back into the world, where I belonged, though I wanted to take the other two.

--Mark Nepo, "Two Paths" from *The Half-Life of Angels* (2023)

To exist in the fleet joy of becoming, to be a channel for life as it flashes by in its gaiety and courage, cool water glittering in the sunlight—in a world of sloth, anxiety, and aggression.

To exist for the future of others without being suffocated by their present.

--Dag Hammarskjöld from *Markings* (1964)



A Blessing for Presence

May you awaken to the mystery of being here And enter the quiet immensity of your own presence. May you have joy and peace in the temple of your senses. May you receive great encouragement when new frontiers beckon. May you respond to the call of your gift And find the courage to follow its path. May the flame of anger free you from falsity.	May warmth of heart keep your presence aflame and anxiety never linger about you. May your outer dignity mirror an inner dignity of soul. May you take time to celebrate the quiet miracles that seek no attention. May you be consoled in the secret symmetry of your soul. May you experience each day as a sacred gift, Woven around the heart of wonder. --John O'Donohue, <i>Eternal Echoes</i> (1998)
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Foolish as we are, a wisdom beyond our wisdom has flickered up just often enough to light us if not the right path through the forest, at least to a path that leads forward, that is bearable. Faint of heart as we are, a love beyond our power to love has kept our hearts alive.

--Frederick Buechner from *A Room Called Remember*, 1992



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Personal Reflections/Notes for Facing the Day



Motto 2: Act in Good Faith

Motto 2 Defined

To work with honest intent applying skills and talent to the benefit of others; not expecting perfection but holding oneself to a high standard of integrity for the purpose of a good outcome.

Have mercy
Upon us.
Have mercy
Upon our efforts,
That we
Before Thee,
In love and faith,
Righteousness and humility,
May follow Thee,
With self-discipline, steadfastness, and courage,
And meet Thee
In the stillness...

From *Markings* by Dag Hammarskjöld, 1961



You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep
trees,
the mountains and the rivers.



Meanwhile the wild geese, high in the clean
blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and
exciting
-over and over announcing your place
in the family of things.

-- *Wild Geese* by Mary Oliver, 1986

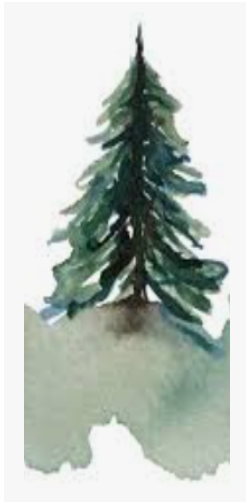


Lucy: Life is a mystery, Charlie Brown. . . Do you know the answer?
Charlie Brown: Be kind, don't smoke, be prompt, smile a lot, eat sensibly, avoid cavities, and mark your ballot carefully. . . avoid too much sun, send overseas packages early, love all creatures above and below, insure your belongings, and try to keep the ball low. . .
--Charles M. Schulz, *Peanuts* (1969)



Verbalizing is not the only way our lives speak, of course. They speak through our actions and reactions, our intuitions and instincts, our feelings and bodily states of being perhaps more profoundly than through our words. We are like plants, full of tropisms that draw us toward certain experiences and repel us from others. If we can learn to read our own responses to our own experience—a text we are writing unconsciously every day we spend on earth—we will receive the guidance we need to live more authentic lives.

--from *Let Your Life Speak* by Parker Palmer, 2000



So, friends, every day do something
That won't compute. . .
Give your approval to all you cannot understand. . .
Ask the questions that have no answers. . .

Put your faith in two inches of humus
That will build under the trees
Every thousand years. . . laugh

Laughter is immeasurable
Be joyful.
Though you have considered all the facts.
Practice resurrection.

--from *Manifesto: The mad farmer liberation front* by Wendell Berry, 1973



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Personal Reflections/Notes for Acting in Good Faith



Motto 3: Live Redemptively

Motto 3 Defined

To live without misgivings by acknowledging and owning our shortcomings, misjudgments, and offenses to enable forgiveness, foster healing, and live in a new way. Living Redemptively makes room for Grace that restores wholeness, redeems the past, and allows us to avoid future regret.

One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice -- though the whole house began to tremble and you felt the old tug at your ankles. "Mend my life!" each voice cried. But you didn't stop. You knew what you had to do,	though the wind pried with its stiff fingers at the very foundations, though their melancholy was terrible. It was already late enough, and a wild night, and the road full of fallen branches and stones. But little by little, as you left their voice behind, the stars began to burn through the sheets of clouds,	and there was a new voice which you slowly recognized as your own, that kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do -- determined to save the only life that you could save. -- <i>The Journey</i> by Mary Oliver
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To Come Home to Yourself

by John O'Donohue, 1997

May all that is unforgiven in you
Be released.

May your fears yield
Their deepest tranquilities.

May all that is unlived in you
Blossom into a future
Graced with love.



Let Evening Come by Jane Kenyon, 1990

Let the light of late afternoon shine through chinks in the barn, moving up the bales as the sun moves down. Let the cricket take up chafing as a woman takes up her needles and her yarn. Let evening come. Let dew collect on the hoe abandoned in long grass. Let the stars appear and the moon disclose her silver horn.	Let the fox go back to its sandy den. Let the wind die down. Let the shed go black inside. Let evening come. To the bottle in the ditch, to the scoop in the oats, to air in the lung let evening come. Let it come, as it will, and don't be afraid. God does not leave us comfortless, so let evening come.
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Perverse and foolish oft I strayed, but yet in love he sought me,
and on his shoulder gently laid, and home rejoicing brought me.

--St. Columba, *The King of Love My Shepherd Is*, H-645; Verse 3

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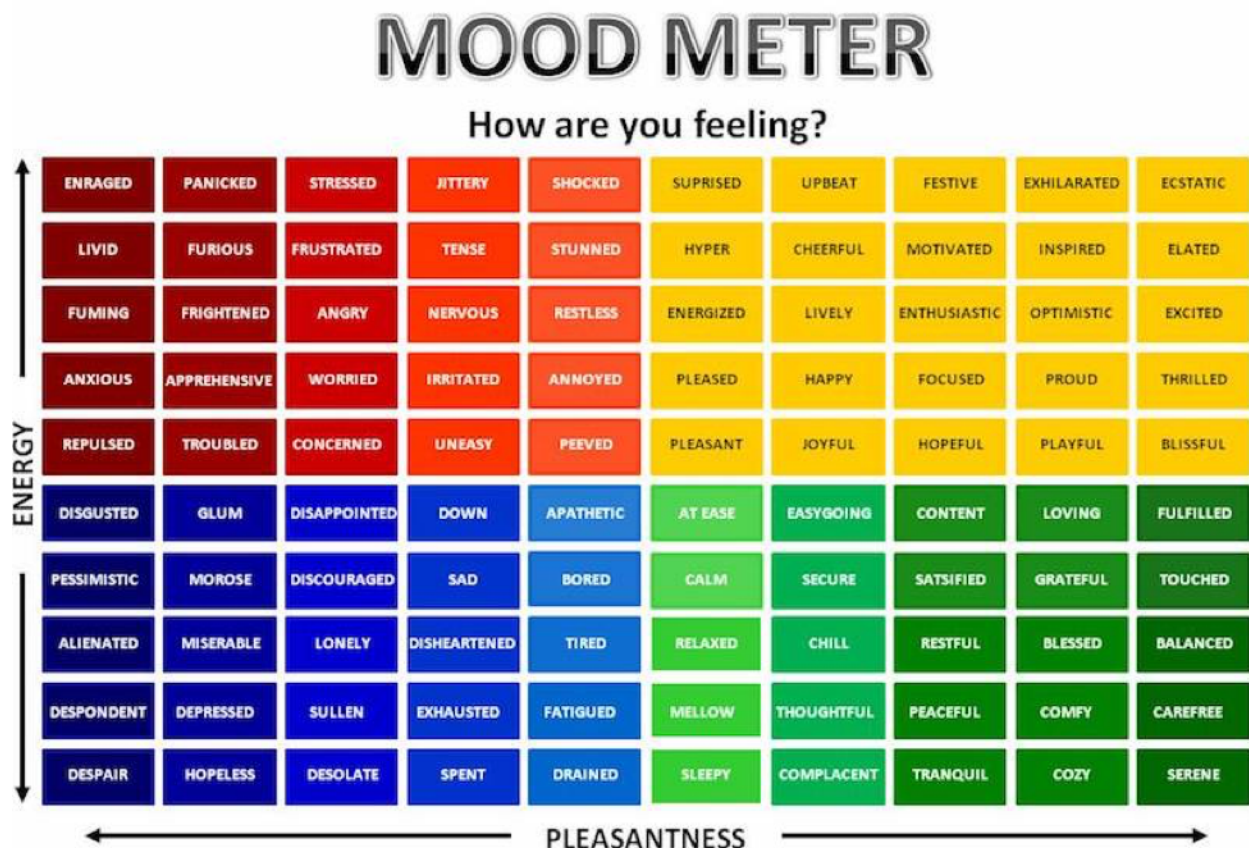
Personal Reflections/Notes for Living Redemptively

Regulating Emotions by Naming Them

RULER (Brackett & Rivers, 2014; Nathanson et al., 2016) is an acronym for the five skills of emotional intelligence. Emotional regulation skills are linked to improvements in resilience and positivity.

- Recognize emotions in oneself and others
- Understand the causes and consequences of emotions
- Label emotions with a nuanced vocabulary (mood meter)
- Express emotions in accordance with cultural norms and social context
- Regulate emotions with helpful strategies

The Mood Meter is a useful tool associated with RULER. The X axis represents the continuum of pleasantness (positive vs negative feelings), while the Y axis represents the continuum of energy (high or low). First chart your feelings of pleasantness across the horizontal axis. . . left towards blue and red is less pleasant, while right towards green and yellow is more pleasant. Then move up or down on the vertical axis. Up towards red and yellow is higher energy; down towards blue and green is lower energy. Use the words as guides, or replace them with your own more precise feelings.



Red feelings: High in energy and more unpleasant

Yellow feelings: High in energy and more pleasant

Blue feelings: Low in energy and more unpleasant

Green feelings: Low in energy and more pleasant

Personal Mottoes: Sources and Meanings

The motto or saying	Its source	Its meaning	A circumstance
<i>Example:</i> <i>"When there's doubt, there is no doubt."</i>	<i>Ann Allin</i>	<i>When there is uncertainty about a decision, go with your gut and be resolved.</i>	<i>Resisting peer pressure to do something harmful. Knowing when to leave an abusive relationship.</i>

Other notes:



Motto 4: Stand in Awe

Motto 4 Defined

Awe is the feeling of being in the presence of something vast that transcends your current understanding of the world (Keltner, 2023). To “stand in awe” is to maintain a posture of awareness and willingness to attend to and revere the beautiful and mystical in our lives. Motto 4 encourages us to maintain a sense of wonder and be vulnerable to it.



Beauty without purpose is beauty without virtue. But
All beautiful things inherently have this function---
To excite the viewers toward sublime thought. Glory
To the world, that good teacher.

--from *Evidence* by Mary Oliver



In a time when we have more access than ever before to the traumas of this world, how will you resist the tide of despair? Let beauty be your anchor.... The practice of beholding, this fidelity to beauty in all things, I've come to believe, is no small form of salvation.

--Cole Arthur Riley, *Black Liturgies: Prayers, poems, and meditations for staying human* (2024)

Arching under the night sky inky With black expansiveness, we point To the planets we know, we pin quick wishes on stars, From earth, we read the sky as if it is an unerring book of the universe, expert and evident. Still, there are mysteries below our sky: the whale song, the songbird singing its call in the bough of a wind-shaken tree. We are creatures of constant awe, curious at beauty, at leave and blossom, at grief and pleasure, sun and shadow.	And it is not darkness that unites us, not the cold distance of space, but the offering of water, each drop of rain, Each rivulet, each pulse, each vein. O second moon, we, too, are made of water, of vast and beckoning seas. We, too, are made of wonders, of great and ordinary loves, of small invisible worlds, of a need to call out through the dark. --Ada Limón, 24th Poet Laureate of the United States <i>In Praise of Mystery: A Poem for Europa</i> <i>Dedicated to NASA's Europa Clipper mission</i> (2023)
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The simplest rudiment of mystical experience would seem to be that deepened sense of the significance of a maxim or formula which occasionally sweeps over one... This sense of deeper significance is not confined to rational propositions. Single words, and conjunctions of words, effects of light on land and sea, odors and musical sounds, all bring it when the mind is tuned aright. Most of us can remember the strangely moving power of passages in certain poems read when we were young, irrational doorways as they were through which this mystery of fact, the wildness and the pang of life, stole into our hearts and thrilled them. The words have now perhaps become mere polished surfaces for us; but lyric poetry and music are alive and significant only in proportion as they fetch these vague vistas of a life continuous with our own, becoming and inviting, yet ever eluding our pursuit.

--excerpt from *The Varieties of Religious Experience* by William James, 1901



Radical amazement is the starting point for contemplation. Often, we think of contemplation as a practice that belongs in the realm of the religious, some esoteric advanced stage of prayer that only the spiritually gifted possess. This is not the case... The nature of contemplation is one that lies well within the capacity of each of us.

Contemplation is a long loving look at what is real. How often we are fooled by what mimics the real. Indeed, we live in a culture that flaunts the phony and thrives on glittering fabrication. We are so bombarded by the superficial and the trivial that we can lose our bearings and give ourselves over to a way of living that drains us of our humanity. Seduced by the superficial, we lose the very freedom we think all our acquisitions will provide. When we are engaged in the experience and practice of radical amazement, we begin to distinguish

between the genuine and the junk. Caught up in contemplative awareness and rooted in love, we begin to break free from cultural confines and embrace the truth that lies at the heart of all reality: We are one.

The invitation to be contemplative is nothing new, but it now carries with it an urgency particular to our time. This call to live contemplatively is offered to everyone. Often, we want to relegate such a practice or lifestyle to the “religious” or “spiritual” in our midst, but the simple truth is that we have all been given eyes to see. We simply need to choose to live with vision. What is becoming more apparent by the day is that we must all become contemplatives, not merely in the way we reflect or pray, but in the way we live—awake, alert, engaged, ready to respond in love to the groanings of creation.

--Dorothee Sölle, *The Silent Cry: Mysticism and Resistance* (2001)



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Personal Reflections/Notes for Standing in Awe



Motto 5: Give Thanks

Motto 5 Defined

The obvious intent of Motto 5 is to urge us to look up from our lives in gratitude. There is a direct link between happiness and gratitude. Researchers define gratitude as a two-step process: (1) recognizing that one has obtained a positive outcome, and (2) recognizing that there is an external source for this positive outcome (Emmons & McCullough, 2003). Motto 5 takes you one step further--beyond recognizing--to the expressive act of giving thanks.



The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift to be celebrated with joy.

--Henri Nouwen

Gratitude is not only the greatest one but also the mother of all the other virtues.

--Cicero



Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

--The Book of Common Prayer, 1979



Now more than ever you can be
Generous toward each day
That comes, young, to disappear
Forever, and yet remain
Unaging in the mind.
Every day you have less reason not to give yourself away.

--Wendell Berry from *The Sabbath Poems* (1993)

Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples
of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.

For you reign in the glory of the power that is love,
now and forever. Amen.

--The Lord's Prayer from *A New Zealand Prayer Book*



AIMLESS LOVE by Billy Collins
U.S. Poet Laureate (2001-2003)

This morning as I walked along the lakeshore,
I fell in love with a wren
and later in the day with a mouse
the cat had dropped under the dining room table.
In the shadows of an autumn evening,
I fell for a seamstress
still at her machine in the tailor's window,
and later for a bowl of broth,
steam rising like smoke from a naval battle.
This is the best kind of love, I thought,
without recompense, without gifts,
or unkind words, without suspicion,
or silence on the telephone.
The love of the chestnut,
the jazz cap and one hand on the wheel.
No lust, no slam of the door —
the love of the miniature orange tree,
the clean white shirt, the hot evening shower,
the highway that cuts across Florida.
No waiting, no huffiness, or rancor —
just a twinge every now and then
for the wren who had built her nest
on a low branch overhanging the water
and for the dead mouse,
still dressed in its light brown suit.
But my heart is always propped up
in a field on its tripod,
ready for the next arrow.
After I carried the mouse by the tail
to a pile of leaves in the woods,
I found myself standing at the bathroom sink
gazing down affectionately at the soap,
so patient and soluble,
so at home in its pale green soap dish.
I could feel myself falling again
as I felt its turning in my wet hands
and caught the scent of lavender and stone.



Gracious Spirit, Dwell with Me

© 1984 Augsburg Publishing House

The original text of this anthem, as written by Thomas Toke Lynch, is based upon Scripture from the books of Ezekiel and Galatians, and has been set to music by several composers. This version is based upon Lynch's text, but arranged and expanded to fit a melody written by contemporary composer Keaton Lee Scott, whose works are found in eight hymnals and some 300 published compositions.

Gracious Spirit, dwell with me:
I would gracious be;
Help me now thy grace to see,
I would be like thee;

Separate from sin I would,
And cherish all things good,
And whatever I can be
Give him who gave me thee.

And with words that help and heal
Thy life would mine reveal;
And with actions bold and meek,
For Christ my Savior speak.

Mighty Spirit, dwell with me,
I would mighty be;
Help me now thy pow'r to see,
I would be like thee;

Truthful Spirit, dwell with me:
I would truthful be;
Help me now thy truth to see,
I would be like thee;

'Gainst all weapons hell can wield,
Be thou my strength and shield;
Let thy word my weapon be,
Lord, Thine the victory.

And with wisdom kind and clear
Thy life in mine appear;
And with actions brotherly,
Speak Christ's sincerity.

Gracious Spirit, dwell with me,
I would be like thee!

Holy Spirit, dwell with me:
I would holy be;
Show thy mercy tenderly,
Make me more like thee;

St. 1-3 Thomas T. Lynch, 1818-1871, alt.
St. 4 K. L. S.

Adoro te devote
Processionale, Paris, 1697
arr. K. Lee Scott

Flowing, unhurried ($\text{♩} = 54$)
(always smooth and buoyant)

Unison voices

Gra-cious Spir-it, dwell with me,

The musical notation is for a unison voice part. It begins with a treble clef and a key signature of one sharp (F#). The tempo/mood is marked 'Flowing, unhurried (♩ = 54) (always smooth and buoyant)'. The music starts with a whole note G4, followed by a half note A4, and then a quarter note B4. The lyrics 'Gra-cious Spir-it, dwell with me,' are written below the notes.

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Personal Reflections/Notes on Giving Thanks