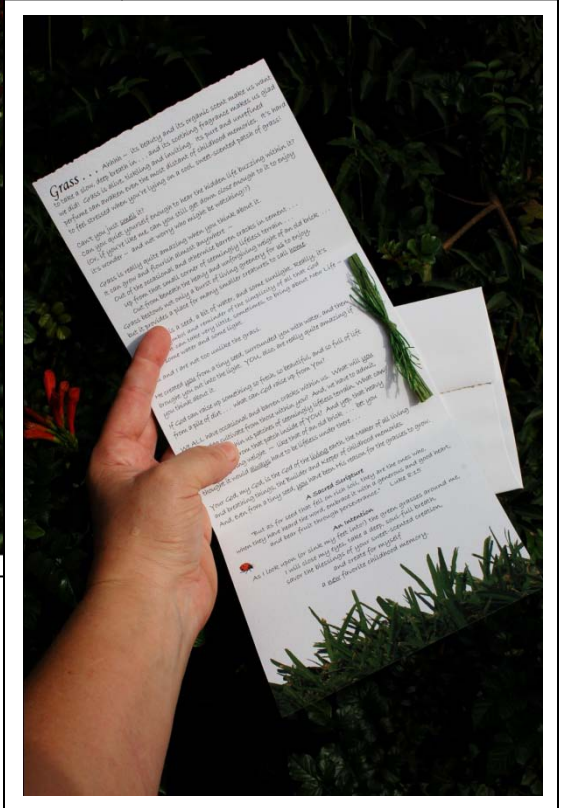


# Who do you know that would LOVE our Meditation Cards?

(scroll down to enjoy a few Sacred Findings Meditations)



## Sacred Findings

12-month Subscriptions (\$40-)

and Complete 12-card Sets (\$30-)

are the perfect gifts and "thank you's" for anyone and any occasion -

*Birthdays, Holidays, "Bosses Day", Pastors, Confirmation Sponsors, Principals, Mother's Day, Teachers, Friends Far Away (and close by!), Weddings & Engagements, Ministry Teams (email & ask about special group subscriptions), "Secretary's Day", Father's Day, "Just Because" Gifts, Young Adults Away at College, "For Me, Because I Give So Much to Everyone Else!"*

*They are the perfect heart-felt gift for anyone you work with, work for, live with & love.*



# Sacred Findings Press

Volume 20, Number 7

August 2010

## Communities find that the Sacred can be found in their surroundings

**Newspapers** . . . they are as dependable and as timely as the morning sun! Rain or shine, they are always there for us with the latest about *Who's Who*, and *What's New*. Whether you're a "gotta have my cup o' coffee and the morning paper" kind of person or not, it's sometimes comforting to know that everything from yesterday's sports scores to tomorrow's weather are really only a rubber band away.

It can be enjoyable when we take a quiet moment to meander through a bit of reading - like a newspaper story, magazine article . . . or a short meditation.



*Judy, a loving and committed teacher, challenges one of her students to find the "Good" in a story he is reading from the Good News.*

And newspapers, like most everything around us, can become a source of inspiration, even a symbol for us of something deeper. They can remind us that our lives also tell a story - written page by page, day by day, and published for those around us to "read". So, let me ask you this: Do you think if you asked those closest to you, they would say they are able to "read" the Good News throughout the pages of your life? I'm sure it's all in there, in black and white - especially for those who take the time to read between the lines.

***"Newspapers . . . can remind us that our lives also tell a story."***

So, what exactly is the "Good News"? And how can we know for sure if we are "delivering" it to the ones who need to hear it the most? How do we know if it's message is being written into our life story?

I invite you to reflect on these questions:

- How does my life bring the Good News that our God is a *healing* God?
- How do I show those around me that our God is a *loving* God?
- How, by my example, do I teach that our God is a *forgiving* God?
- How do my actions bring the Good News that ours is an *empowering* God?

Do you remember times when you have "written" any of these into the story of your life? Enjoy a few moments to remember...



Our God does see our actions and understands our motives. He does read between the lines. After all, He is the co-author of our life's story. He is there for us through all the moments which fall between our "Birth Announcement" and our "Obituary".

Nothing you write on any page of your life's story goes unnoticed. When you kneel to bandage a skinned knee, you are sharing the Good News that *God heals*. When you stop to tend to a wounded heart, you are sharing the Good News that *each of us matters to God* - even in our woundedness. When you freely give your heart-felt pardon to another, you help them to feel God's *unconditional forgiveness*. And when you build someone up with encouragement rather than embarrass them with shame, you teach them that *we are all called to greatness*, and are worthy of respect.

### A Sacred Scripture

*"How beautiful upon the mountains are the feet of those who bring good news, who publish peace ... who proclaim salvation, and who say to Zion, "Your God reigns!"* .....Isaiah 52:7

### An Intention

When I have a moment to take in today's news, and I wonder about my place in this big world ... I will remember that although my actions may never make the "headlines" or "change the world", they do change the world of those whose lives I touch, and all who will read my life's story.

(this card comes encircled by actual rubber band)



(Inside of the November 2009 Meditation Card)

**A Candle** . . . warm and glowing, powerful yet peaceful. Few "things" in our world have the ability to change the look and feel of our surroundings as quickly and as easily as the simple light of a candle.

Candlelight and its fire are the only means we have had to light the darkness . . . until the last century. Most of our world's discoveries, documents, dreams and dreamers were conceived by candlelight.

Even today, with the power of electricity at our fingertips, we still turn to candles to light our celebrations of life, passion and joy - our holidays and our holy days, growing one more year older . . . *better*, sharing a meal with someone we love.

And what are your favorite memories of a candle's glow? Was it the warm flicker that danced between you and a yummy birthday cake? Maybe it was the golden beaming of a pumpkin's grin? Perhaps seeing the faces of those you loved seated around a table for a "grown up" dinner? Think back . . .

Candlelight also helps us to see more clearly when we find ourselves in darkness ~ the kind we can see around us with our eyes. But when we feel the darkness within us - the kind we can sense deep inside our spirit, we oftentimes need more than a candle to help us find our way. Now and then, we need to lead one another through that darkness - and out again, into the light. We can, as companions on this journey, be a candle for one another. So, I invite you into a quiet moment to reflect . . .

~ Who has been a "candle" for you . . . illuminating the path ahead of you, guiding you with wisdom toward your best decisions, and lovingly helping you to find your *best* self? Take a moment to call to mind their names in a spirit of gratitude.

~ Whose path have you brought light to?

(*SAMPLE CARD*. . . an actual candle tied with a ribbon is included in this Meditation Card )

~ Who is *still* in need of your light?

We may never fully hear what sharing our light does for another. Chances are we will never know all the times our presence has been a "candle" for others.

Maybe your *best* moments of being a light for another have yet to come. Maybe your *best* memories of candlelight have yet to be made.

So tonight, go ahead . . . light a candle.  
Find something to be joyful about,  
even if it's just *that moment*.

And until then, be a candle.  
Be someone's reason for joy.  
This world needs your light.

A Sacred Scripture

"I am the light of the world.  
Whoever follows me will never walk in darkness  
but will have the light of life."  
- Jesus                      John 3:16

An Intention

As my eyes are drawn to the light of a candle,  
I will remember that others are drawn  
to the light within me.  
Much like the burning flame,  
I am both powerful and peaceful,  
and I will allow my presence to bring  
warmth, illumination and joy.



(Inside of the July 2009 Meditation Card)

Tea . . . Mmmmm. With just a touch of sweetness. That's how I like it. At least that's how I *used* to like it. That was *before*. Before the carpool, before the commitments, before the chaos! Now I like my tea with just a touch of - well, *quiet!* *Peace and Quiet*, to be exact. Two spoonfuls, please. (Mmmmm . . . now doesn't *that* hit the spot?!) Sometimes I have to bribe myself with a hot cup of something yummy before I'm able to slow myself down . . . able to think a bit more deeply . . . able to pray.

Do you ever like to imagine that there will be a day when you'll have the chance sit with God over a cup of tea? I do. Maybe you also imagine the *conversation* being much like the tea - comforting, warm and sweet.



(this card includes tea bag)

### A Transcript of Tea With God

God: I just love tea. I always have. I think tea leaves have GOT to be one of my most favorite and spontaneous creations. I just had a feeling something GOOD was going to come from them. I think I was especially brilliant with tea leaves and babies. Maybe for the same reasons.

(A long, quiet pause.)

God: Yeah, let's just sit here a while. . . . Take a deep breath. . . . There . . . doesn't *that* feel great?

(You share a smile.)

God: Hey, *listen* . . . . What do you hear? . . . . Nothing? Good. Me, too. Sometimes I like it best just like this.

(Before you realize, several minutes pass. Your slow, easy breaths stir within you, and then leave you. Your eyes are closed, a warm cup of tea in your hands. You know God doesn't feel ignored. Maybe God feels even more listened to.)

God (reassuringly): No need to talk. Just enjoy the tea. Oh, and the quiet. I hope you like them - I made them both for you. Me? I'm just enjoying you. (That's what I made for me.)

### A Sacred Scripture

"My people will abide in peaceful dwelling places, in secure homes,  
and in quiet resting places." Isaiah 32:18

### An Intention

Just as I sit down with my tea,  
and cradle it gently within my hands,  
letting it nurture my Spirit with peace and quiet,  
letting it *fill me* - and *warm me* to my depths . . .  
I will sit down with my God,  
and be cradled gently within His hands,  
letting Him nurture my Spirit with peace and quiet,  
letting Him *fill me* - and *warm me* to my depths.

"God warms his hands at man's heart when he prays." John Masefield

**Change** . . . who doesn't LOVE finding a lucky penny! How about a shiny new coin, or a few old quarters from under the cushion? Even if it's barely enough for a parking meter or a much needed cup of coffee, it can be comforting just to feel a few coins in our pocket. Though *small*, they're still valuable. And when we find we need them, they can make a *big* difference.

There is another meaning, however, for the word "change". It is the kind of change we feel in our Spirit or our heart, a *shift* in our experience of life, in our circumstances, or our attitudes.

It has been said that the only thing that stays the same is *change*. Sometimes it's positive, and sometimes it's not, but we can't avoid it. We've probably all had an experience of being totally blindsided by an unexpected turn of events, but now and then, we actually find ourselves seeking out something *new* - maybe even craving it. Our Spirit gets restless, and we know we need to make a change.

It's reassuring to know that we are good and holy and loved by God *today*, **HOWEVER** and **WHEREVER** we are. But "todays" come and go, and things change. And that's ok. It's just the nature of *things*. We continue to change, as well. It's just the nature of, well, *you and I*. And as we continue to embrace change, God continues to embrace us.

*All* growth requires *some* surrender to transformation. Without it, there is no moving forward, no progress, no *life*.

So, while you are taking this time to reflect, take a thoughtful look at the substance of your life -

- ~ What changes would you *most enjoy* making for yourself right now? Take a moment, before you read on, to look gently at your life. Leave the "I should" and the "I ought to" out of the picture. They oftentimes come from (and therefore belong to) someone else. Close your eyes and imagine. And listen. What would absolutely *feed* your spirit?
- ~ What one "small change" might bring a greater sense of *value* to your relationships right now? (It's comforting to remember sometimes just how little it costs us to give the most valuable of gifts. They may require a little bit of "change" from us, but love, joy, forgiveness and faith - are *free*.) Name and commit to that one change before you read on.

Although the kind of *change* we carry in our *pockets* can sometimes . . . *be what we most desire*,  
the other kind of *change*, when we allow it and embrace it, can help us to . . . *be what we most desire*.

Kind of funny, isn't it? "*Change*" - two distinct meanings and ideas, yet we need and depend upon both for survival.

And just like coins, even the smallest of our conscious decisions to change add up. Though *small*, they're still valuable. And when we find we need them, they can make a *big* difference.

#### A Sacred Scripture

"Do not be conformed to this world, but be transformed by the renewing of your minds, that you may discern what is the will of God ... " - Romans 12:2

#### An Intention

As my eyes are caught by the glimmer of *change*,  
And I venture out into my day,  
I will fill my pockets *AND* my Spirit with  
a *willingness* to embrace  
the changes I need  
to *be what I most desire*.



(actual coin  
in card)

"Life is change. Growth is optional. Choose wisely." - Karen Kaiser Clark





*The Key . . .* has long been held as a symbol of Potential and Power. It is an instrument which allows passage from where we are - to new and desirable places, and unlocks that which we cannot otherwise obtain. We know that a key has the potential to open doors to familiar and safe places, as well as to new and uncharted (but often dreamed-about) territory.

Today we find ourselves at the beginning of a new year. Where is it you most want to go? What do you most wish to unlock? No, really, what? Take a moment to find an answer. The beautiful thing about finding an answer is that once you've found one, it is yours. Perfect or imperfect, symbolic or literal, small or great - it's yours, and that alone makes it good. What "doors" do you most wish to open? Ok, stop reading until you have found your answer, and then continue.

Although for centuries we have looked for the "key" to lasting happiness, love, and personal power, I do not believe that it can be found. True power lies NOT in the key within your hand - but within the hand that holds the key. Without you and I, the key is powerless. Yet, without the Creator, you and I are powerless. ALL doors are opened through the movement of the Divine within us. As we move forward into this new year, let us not only celebrate our Potential, let us seek to USE our Power.

### *A Sacred Scripture*

"I can do ALL things through Christ who strengthens me." Phil. 4:13

### *An Intention*

As I pick up a set of keys and hold them in my hand,  
I will remember and celebrate both the Power that lies within me -  
and my deepening connection to the Sacred Source of that Power.

I can step bravely through whichever doors I choose,  
and into new and wonderful places and possibilities.

May you find the Sacred in your Surroundings this year,  
and may the Sacred - find you.

- Lisa Dreyer

(Inside of February 2009 Meditation Card)

**Red...** the color of Passion, Daring, Fire and Love. During this month of February, the month we celebrate Love and Passion, it's easy to remember just how much of our lives and our energy are spent in the pursuit of that which will make us feel loved. We are this way by design. But, if we look further - within ourselves - we may notice that there is a place inside each of us that is only fulfilled when our thoughts and actions are able to bring the Torch of this Passion and Love to others, and to a world that sorely needs it.

My earliest memory of what I thought "real" love was, dates back to the age of nine. On this Valentine's Day, I wore a long, flowered, Red dress that my mother made for me, and I felt "beautiful". I tried my hardest to sit quietly and still while every inch of my 3rd grade being was breathlessly hoping that Bobby Cooper would pass me a note that said "I like you. Do you like me? Check yes or no."

Well, I'm sure most days you and I are both glad to have grown up. And we've all learned since 3rd grade that real love isn't always passed to us in a note. So now, we have to ask ourselves: Have our notions of LOVE grown, too? Or are we still waiting for someone else to make us feel special? As Valentine's Day (and the rest of our life) approaches - are we content to WAIT for a "pass the Note" kind of love . . . or are we ready to LIVE a "pass the Torch" kind of love? Are we "daring" enough to Love those around us by . . .

Believing in them,  
Accepting them for who they are,  
Hearing their hearts,  
Being an example of loving kindness,  
Helping them to heal a wound,  
Cheering them on,  
Encouraging in them a generous spirit,  
Nurturing their unique goodness,  
Showing them true compassion and forgiveness,  
Helping them to dust themselves off and go on.



(Silk ribbon tied in each card)

And if you and I are called to be this Love for others, are we not also called to be this Love for ourselves?

#### **A Sacred Scripture**

". . . And now these three remain: Faith, Hope and Love. But the greatest of these is Love."  
- 1 Corinthians 13:13

#### **An Intention**

As my eyes fall upon the color **Red** . . . I will remember

- those who have **Loved me**,  
for it is their Love which caught Fire within me;
- those in my life whom **I have Loved**,  
for they have filled my life with Passion and Joy;
- and all those for whom I must now **Be Love** in this world.

For whom must you now be "**Red**"?



# Calendars . . . are the faithful companions

which hold the names of those we love, and tell of the places, events, even memories which are most important to us. Whether our calendars are filled to the edges or are relatively untouched, decorative or simple, electronic or paper, the days they represent arrive with equal potential for all of us. All who awake to greet each day, awake to the same number of minutes and hours as another. Our gracious God allows us to fill them, moment by moment, in ways of our choosing. The gift of each morning begins wrapped in colorful layers of sunrise. Each evening, a sunset, and souvenir of another day. Each day given freely, harboring immeasurable promise.

I was wondering. What would happen if, for 40 seconds today, you breathed? You know, just breathed. But deeply - very deeply ... in ... out ... Very, very slowly. Just one breath at a time. What if you filled yourself to the core with words which centered you, affirmed you, sustained you? What if you breathed them deeply ... believed them deeply? What if you breathed in an affirmation of your own deepest self, and breathed out that which is no longer needed? Where would 40 seconds take you?

I was wondering. What would happen if, for 40 minutes this week, you listened? Just listened. But intently - to your friends and partners, your loved ones and unloved ones. What if you listened to your children, to your angels, to God? Forty minutes. Not all at once, just one minute at a time. What if you really listened to yourself? To that deep, true self that waits quietly to be heard. Where would 40 minutes take you?

And I was wondering. What would happen if, for 40 days this year, you took small but courageous steps toward New Life - burying an "old you" and Resurrecting a "new you"? Not all at once, just one step at a time. Where would 40 days take you?

Today is a New Day. Step.  
I am a New Creation. Step.  
I am not limited to being who I was yesterday. Step.  
I am not bound by what would seem to be my limitations. Step.

I can imagine Jesus also saying . . . .

Today is a New Day.  
I am a New Creation.  
I am not limited to being who I was yesterday.  
I am not bound by what would seem to be my limitations.  
Not even the grave.

What would happen . . . in those 40 seconds of breathing deeply,  
in those 40 minutes of listening intently,  
in those 40 days of stepping courageously?



(Calendar piece in each card)

Would you find yourself feeling more alive than when you began? Jesus did.

A Sacred Scripture

"I came so that they may have life and have it more abundantly." John 10:10

An Intention

As my Calendar journeys with me toward the beauty of Spring and Easter,  
and as I read and write within its pages,  
I will breathe in deeply both the air and the words which will give me New Life,  
I will listen intently for that which can only be heard by the heart, and  
I will take courageous steps forward, toward the New Life that awaits me,  
knowing that wherever my brave steps take me, Jesus already is.



(Inside of the May 2009 Meditation Card)

**Buttons** . . . we all have them, use them, and rely on them. It feels almost silly to think about, but where would we be without them? They allow our clothing to be many things for us – warmth, protection, modesty, and self-expression. Curiously, buttons are oftentimes found at our center, over our heart, bringing both sides of a garment (and perhaps symbolically, our selves) together . . . our left and our right, our strength and our weakness, our “put together” and our “frazzled” sides, our highest selves and our shadows. Buttons can afford us a sense of being “held together”, the hope of showing our best selves to the world, a sense of integrity. That is . . . when they work!

I'll bet you have a great story of a time when an all-important button “gave way” and left you red with embarrassment . . . wondering who may have seen you (and laughed!?) . . . and feeling your “humanity” had been exposed for all to see. How very hard we all work to appear “put together”. If we thought about how hard we try to convince each other that we’ve “got it all together” . . . we'd laugh! And hopefully, we'd relax. And then we could enjoy each other's humanity a bit more deeply. And once again, we would remember that it is *good*.

We truly want those we care about to see the integrity we have within us. None of us, however, are perfect. So, let's take a moment and go deeper. Here's a question. Like a button, what are you trying to “hold together” that seems like a constant struggle? And what are you trying to “conceal” that maybe you could simply embrace as part of your humanity – and let *be*? How great it would be to just enjoy being human rather than to hide being human! Ok, so let's be brave. I invite you to think about these two questions. Really, take a moment to re-read them, jot down your thoughts, then go on. Wouldn't it be a relief to finally just “expose” these parts of our humanity to those around us, and trust that they will *also* embrace them? Isn't that what having integrity is all about – finding ways to become on the *inside* what we appear to be on the *outside*? And, perhaps even more importantly, allowing ourselves to finally become on the *outside* the **BEST** of what we are on the *inside*. Becoming *real*.

*A Sacred Scripture*

You have upheld me because of my integrity,  
and set me in your presence forever. Psalm 41:12

*An Intention*

When my eyes or hands fall upon a *Button* . . .  
I will remember that my humanity, in all its glory and its awkwardness,  
is not my weakness, but my *strength* . . .  
and I will see my vulnerability as the gift it is intended to be.  
When I find myself feeling less than “put together”,  
too exposed for comfort, and wondering who sees me –  
I will remember that my Creator does . . .  
and is smiling . . .  
and that is all that really matters.



(Actual button  
in each card)

Sacred Intentions  
Sample Card

# Sacred Findings

Meditation

& Gift Cards

*Curious where we've  
found the Sacred in our Surroundings?*

Our Complete 12-Card Set includes 12 creative meditations

(January through December), and are arranged in the order they were originally published & mailed monthly to our subscribers throughout 2009. Our most recently published Meditation Cards have been arriving monthly at the homes and workplaces of Men and Women just like you... as a gift from someone who loves them - perhaps even themselves. It is our hope that the inspiring messages of these meditations will help you and those you love **Find the Sacred** in such ordinary things as these...

- January - A Key (we have the power to open ANY doors before us...go where we choose...)
- February - The Color Red (Passion, Love, be the love we are called to be for others & ourselves)
- March - A Calendar (The gift of time - 40 seconds, hours, days - small steps to becoming NEW)
- April - A Stone (Easter - setting down the old & heavy burdens we carry with us through life)
- May - A Button ("holds us together", Integrity, becoming "real" - the same inside and out)
- June - A Map (get out and see the world - it ALL belongs to us, its treasures are there for you...)
- July - A Cup of Tea (a manuscript of "Tea with God"... what God might say over a warm cup)
- August - Email (a message from the universe or God, what would it say? Would we delete it?)
- September - Grass (Fresh, living, if God can raise this from dirt, what can He raise up from us?)
- October - A Bandage (healing, being whole, becoming well, recognizing the powers in us to heal)
- November - A Candle (favorite memories of candlelight? People are drawn to the light in me...)
- December - A Gift (How profound the gifts we are given by God, freely, no strings. YOU are a gift!)

## 2010 Meditation Cards

- January - A Star (Wishing on a star, who or what is YOUR "North Star", what guides you?)
- February - A Heart (No longer need to "hide your heart" - from God or others, "hide-n-seek" is over)
- March - A Coin ("Change" - we all experience it, try to embrace it, we're ALL good in God's sight)
- April - A Nail (Nails hold important things together, held Jesus to His cross and to His promise)
- May - A Shoe (who taught YOU to take your 1st step? ... about walking w/ pride & integrity?)
- June - A Mirror (mirrors are honest, clear & reflective... hard to look into sometimes, but we have to remember that God sees Himself deep inside each of us when He looks within...)
- July - A Feather (wouldn't you love to fly?! YOU are like a feather... FREE to be lifted and carried by the holy winds, and able to surrender to where they want to take you)
- August - A Newspaper (OUR LIVES are the Good News to the world around us every day, our words and actions - our "life story" - teach all those we touch about the Living God...)

Don't miss even ONE of our upcoming Sacred Findings Meditation & Gift Cards!

Give the gift of inspiration today. Maybe even to yourself.