

## **Meditation**

Will you join me please in prayer or meditation:

We are gathered here together, a-glow with chalices of our own making, breathing.

Taking a minute to pause, taking just a little time to look inside, to check in with our own selves, to save our own lives if we need to.

Yes we have time now to take a breath, time to gather ourselves, time to return to ourselves.

We do not forget that our focus is needed elsewhere—no—we will never forget that.

But for this moment--for now--as we sit among those whom we know as kindred spirits, let us pause.