

Wednesday morning

**Leader:** As we get ourselves into a quiet place, we remember the love we have for our SFCC community.  
Sophia, guide our thoughts and our words as we work together to bring all things into ONE.

**Prayer Readers:**

Inside each of us  
there awaits a wonder  
full  
spirit of freedom

she waits  
to dance  
in the rooms  
of our heart  
that are closed  
dark and cluttered  
she waits  
to dance  
in the spaces  
where negative feelings  
have built barricades  
and stock-piled weapons

she waits  
to dance  
in the corners  
where we still  
do not believe in our goodness

inside each of us  
there awaits  
a wonder  
full  
spirit of freedom

she will lift light feet  
and make glad songs  
within us  
on the day we open the door of ego  
and let the enemies stomp out

*- Joyce Rupp*