



WHAT'S THE BIG IDEA?

Judging others hurts us more than it hurts those that we are judging.

WHY DO WE NEED TO KNOW IT?

If you make forgiveness and letting go of judgement about your own development, and not about the lack of someone else's development, it will start to improve your life and the lives of all those around you.

WHAT ARE WE GOING TO DO ABOUT IT?

We need to stop looking outward and passing judgement on our neighbors, and give ourselves fully to the difficult, but noble task of working on ourselves.

DISCUSSION:

Discuss this quote from psychologist Loren Toussaint:

"[those] who forgave others were more likely to report having better overall mental and physical health than those who did not."

How does it feel, physically, when you think about what someone has done that you haven't quite forgiven?

MEDITATION TIME:

On Sunday, Travis led us in a meditation on the sign of the cross. We will repeat it here.

First, spend some time talking about or thinking about what the cross means for us. In the ancient world, the cross represented oppression, death, and destruction. For us, it represents inclusion and forgiveness.

We begin prayer with the cross. We end prayer with the cross. It marks the entrances to our churches, it hangs reverently on the walls of our homes. It is mystery. It is passion. It is life.

(Close eyes, comfortable) We bring the fingers of our right hand and allow them to rest gently on our forehead (*pause*). We begin our prayer by praying in the name of the Father. We hold them there and reverence the God who has created us, given us life; whose power is so great and whose beauty so overwhelming that we must shield our eyes, veil our faces in homage. The power of the Most High has overshadowed us. Every blessing begins with God. All that is good springs from the abundance of the Creator: the source of free will, all wisdom, all power, insight, revelation, and light.

UPCOMING EVENTS:

For more info or to RSVP to any of these events, go to forefrontnyc.com/calendar

6/23 - Centering

6/25 - Family Day in Central Park

7/6 - Relationship Workshop for Single Women

We lower our right hand and allow it to rest gently on our chest. We pray in the name of the Son. We hold our hand there in reverence of Jesus, the One who nurtures, sustains, and brings us life. God has a heart. We have seen it, heard it, touched it in Jesus Christ. Here at the center of our bodies, we feel our own heart beating. *(pause.)* Healing flows from here like blood; we recall the warmth of our mother's milk, the fire of courage, and the comfort of a God who draws us to place ourselves, weary, and worn, here upon the Sacred Heart like a lover. All that is beautiful flows from the heart of Christ.

Now we bring our hand to rest gently upon our left shoulder. We pray in the name of all that is holy. We hold our hand there in reverence of our bodies. Our right arm presses against us in an embrace of the flesh we have been gifted with by God. *(pause.)* Here we find truth. Here we remember our past hurts, our past failures, those who have forgiven us, and those we wish to forgive. The flesh is weak. We are weak. Yet, in the mystery which is God we name it all as holy.

We draw our hand across our chest and allow our fingers to rest gently upon our right shoulder. We pray in the name of the Spirit. We hold our hand there in reverence of the wonder of the Spirit. We hold our hand there in reverence of the wonder of the Spirit. The Spirit...that which moves just beyond our reach and eludes us like the wind. Here, in the realm of symbol, intuition, imagination, and dreams, we share in the life of the divine. The Spirit makes us one.

We bring our hands together now at the center, folding them together in an act of grateful prayer. All has been gathered together from the North and South, from the West and from the East. God is manifest in goodness and beauty, in truth, and in unity. The cross has sanctified all the elements of the created universe: water, fire, earth, and air. The cross has marked us, all that we are: mind and heart; body and spirit. The cross blesses us for we have prayed in the name of the Father and of the Son and of the Holy Spirit.

And to all of this we say: AMEN.