



Red Door in the time of COVID-19 March 14 – 21, 2021

“God, be in my heart and in my thinking.”

Thus prays the fourth line of the Sarum Prayer in this fourth week of Lent. As Ken Wilson points out in his little book, *God be in my Head* (Church Publishing, 2019), no modern person praying would consider linking our hearts with our thoughts. Hearts are for feelings, we moderns say. Our heads are where we think. Our brains are the place of our thoughts, surely.

And yet, ancient Christians knew something that our modern enlightenment and “re-formation,” which separated our bodies from our spirits. Early Christians who fled into the desert of north Africa around 270 to escape persecution developed a practice of “sitting” meditation. In sitting meditation, we calm the thoughts swirling in our heads by focusing on our breath and then descend into our hearts, into the beating center of our body. There, a different kind of “thinking” can take place. This thinking is not based on words, but more on images, sounds, physical sensations, and emotions.

Heart thinking is slower, less full of chatter and noise. Try inhaling through your nose as you say to yourself “God be in my heart.” And then, as you exhale through your mouth, lips slightly parted, say “and in my thinking.” Try this ten times before getting out of bed in the morning.

Holy Week approaches

Plans are afoot for The Liturgy of the Palms and distribution of palm branches on Sunday, March 28. We will keep Maundy Thursday again in our homes on Zoom with an Agape meal at 6:30 on April 1. We need extra readers on the 28th and on Good Friday, April 2, at noon. Call John Buehner at 734-395-2557 to participate.

This Red Door is brought to you by:



**Affordable Dog Grooming – Leslie
Caulfield 734-578-8800/
lcaulfield203@gmail.com**