
The InnerNet

Mid-August 2021

Visio Divina “Divine Seeing” or “Praying with your Eyes”

God desires a relationship with us, an “UP” relationship nurtured through connection—music, prayer, worship, meditation and conversation. There are many ways to build this relationship and often scripture reading is the most recommended. Yet God has made us with 5 senses, and each can provide a unique way of connecting and building this UP relationship.

Visio Divina is a method of meditation and prayer that uses our vision and an image instead of scripture to listen to God, your own heart’s longings, and the ways those intersect. This method of prayer has a long history from the earliest days of Christianity, and in the Orthodox communities “Icons” are the typical image used for this kind of “divine seeing.” Yet any image, photograph, sculpture, painting can be used, even nature viewed out your own window can offer an opportunity to see and pray with your eyes.

Step 1—find an image.

Nature, a stained-glass window, a piece of art are all places to look. If you do not have any idea where to begin, search “Visio Divina Images” on Pinterest, or on your search engine; see what it returns. Mine brought up many fine images to use.

Step 2—Settle, center, prepare.

Close your eyes, breathe, clear your mind, and ask God to enter into this time of prayer with you. Ask God to speak to you through this image.

When your mind refuses to settle, simply and quietly set aside the concern, return gently to the image. You might pray, “God help” or “Spirit quiet me.”

Step 3— Gaze at the entire picture.

Notice the shapes, the colors, and the lighting. Notice the detail of both the foreground and background, as well as the edges. Once you have visually canvassed the artwork, or scene before you, note what has drawn your attention. What you keep coming back to, is God inviting you to a treasure meant just for you.

Step 4--Return to what has caught your attention.

Perhaps you’ll notice a small detail like a tiny bird in a vast blue sky, or maybe one vibrant color in an abstract pattern may catch your eye. Don’t let your eyes wander around the rest of the image (not always easy!), but stick with your focus. I find that slowing my breathing, and continually bringing my attention back when it strays, is helpful. Consider what thoughts come into your mind and what emotions you’re feeling. Why do you think God drew your attention to this particular part? Is a message conveyed that pertains to your life today? Do you sense an invitation? Do you hear a call? Is a memory provoked? Allow these thoughts to descend to your heart. What emotion is evoked? What word describes your inner stirring as you embrace this feeling? Listen for a word, phrase, emotion. Allow God’s communication to touch you deep within where the Spirit dwells.

>>>

Step 5—Pray.

Ask God to speak to you through what you've noticed, then take time to listen. I usually take around five minutes to do this, but there are no hard and fast rules.

Step 6—Rest in God

As you finish your time in prayer, open your eyes and gaze again upon the image. Rest in God's presence as you reflect upon this prayer experience. Consider how you'll take this into your life. You may choose to journal about your experience.

If you're intrigued by this form of prayer, below are some additional resources:

[Visio Divina: How to Pray with the "Eyes of Your Heart" | Prayer & Possibilities \(prayerandpossibilities.com\)](http://prayerandpossibilities.com)

[A Guided Visio Divina Experience @ SoulShepherding.org](http://SoulShepherding.org)

[Praying with Art @ Patheos.com](http://Patheos.com)

Holding you all in prayer and God's Love.

Pastor Angela

This is a quick guide to Visio Divina.



Visio Divina

How To Pray:

- Prepare: close your eyes, breathe, clear your mind
- Lectio (read): Open your eyes and scan the image. Note what draws your interest, but continue to scan the whole image. Close and rest your eyes a minute.
- Meditatio (meditate): Open your eyes and let your eyes be led. Focus on just this part of the image and name it. Close your eyes, seeing that piece of the image in your mind.
- Oratio (pray): Open your eyes and look again at the piece of the image that caught your eye. Allow it to bring forth a word, image, or emotion. Close and rest your eyes.
- Contemplatio (contemplation): Open your eyes and gaze at the image. What is God speaking to you today through this image?

This image is from our worship space, painted by Janet Wagstaff. Try Visio Divina with this and see what happens. I pray God is present.

Remember, on a computer, you can resize the image. If you wish to print it out, right click and save it to your computer. Then it can be easily resized and printed in color.



BELL RINGERS NEEDED! It's fun, it's exciting, and you will enjoy being with a wonderful group of people who love serving our Lord in music ministry. We are in need of two substitute bell ringers. No experience necessary. We will teach you! Talk to Don Huff for information....no obligation to join!



THE CHANCEL CHOIR WELCOMES NEW MEMBERS AT ANYTIME! Participants not only find joy in singing, but appreciate a sense of belonging and support that members of the group bring to each other. If you'd like to try it out on zoom, under absolutely no obligation to join, please let Don Huff know so he can give you the link. Not sure about where your voice lies (Soprano, Alto, Tenor or Bass), talk to Don. And if you are a bit timid about your voice, please note that when we sing we are muted!

Praying for Possibilities!

Prayer for our congregation, preschool, and staff are important as we pray for renewal

- 07/26-08/02 Ann Chriske & Janet Mayer
- 08/02-08-09 Mackenzie & Steve Miller
- 08/09-08/16 Indra Persaud & Pat Snodgrass
- 08/16-08/23 Ray & Ken Kilminster
- 08/23-08/30 Dawn Schaeffer, Sara Gist & Glenda Kilminster
- 08/30-09/06 Linda Honeycutt & Brandon Ward



First Communion Class

Are your children/grandchildren curious about Holy Communion? Are they asking questions? It's been so very long since they have been in the worship space, they may have even forgotten what it is and how we celebrate Christ each Sunday. In August, Pastor Angla is offering a time of discovery around Holy Communion for any children--already communing or not, who would like to come and learn, explore, have fun. Saturday August 14 and 21, 10 a.m.-11 a.m. Holy Communion learning. Email pastorangela@livingsaviourlc.org or call 704-542-2636 and let me know you plan to attend. Other arrangements are possible if these Saturdays do not work for you.

Financial Results for July 2021 Month End

You can contribute directly to the church through the on-line button on the website, or by mail to
Living Saviour
6817 Carmel Road
Charlotte NC 28226

Thank you for your generosity.

General Fund 01	Actual
Contributions, etc.	217,396
Expenses and Transfers	191,607
Net Contributions less Expenses/Tranfers	25,789
Facilities Fund 02-3241-442	
Beginning Balance	83,822
Transfers from General Fund	5,000
Contributions	3,405
Expenditures - H&S Roofing	(24,692)
Expenditures - Adams Heating	(4,197)
Ending Balance	63,338

Opportunities for Worship at Living Saviour!



9:00 a.m. and 10:30 a.m. in-person

LIVE-STREAM 10:30 a.m. each Sunday on our YouTube channel at: <https://www.youtube.com>

Caring & Sharing Group

Friendship, support, and caregiving don't take a summer break and neither will our Caring & Sharing Group! We continue meeting at church throughout the summer on the second Friday of every month at 10a.m.

Our next meeting will be on **Friday, August 13**. All are welcome – church members, friends and neighbors - who seek friendship, support, and resource information to help care for others or themselves during illness, loss or the challenges of aging. For more information, please contact Betty Reynolds at 704-287-5724 or CoachBettyR@gmail.com.

Altar Flowers Sign Up made easy! Call the church office, or use signupgenious option. Click on "Submit & Sign Up" at the bottom of the page; enter your dedication. Fill in your name and email address The cost is \$50.00; checks payable to LSLC with "Altar Flowers" on the memo line; mail or drop off.

<https://www.signupgenius.com/o/10C0C4CACAC29A6F4C16-2021>

August Birthdays

08/03 Julianna Frixen
08/05 Carol Cochran; Patricia Maisel; Caden Noonkester
08/06 Claire Biggs; Lauren Campbell
08/07 Timothy Goldbach; Shallen Gordon
08/09 Helen Archbold; Riley Skidmore; Lillian Stephens
08/10 Janet Axtman
08/11 Wayne Thom
08/13 Benjamin Malin, Fr.
08/14 Mackenzie Miller
08/17 Nate Forster
08/18 Ann Reichert; Pamela Williams
08/20 Mark Ferriss
08/23 Michael Golly
08/27 Eddie Sipe



August Anniversaries

08/01 Jerry and Tissie Littlejohn (56)
08/05 Frank and Kathy DeLoache (43); CD and Moss Hathcock (49); Russell Hinson and Steve Vick (13)
08/07 Dawn and Malcolm Schaeffer (11)
08/08 Tony and Mary Ann Eller (57)
08/13 Ron and Shallen Gordon (44)
08/16 Tom and Ann Chriske (58); Dan and Trudy Haseley (52)
08/24 Dan and Jan Sundberg (58)
08/26 John and Marge Sahr (54)



AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 a.m. Traditional 10:30 a.m. Traditional Worship Live Streamed	2	3 6:45 p.m. Alleluia Ringers bell choir practice	4 6:00 p.m. Zoom Choir Rehearsal	5	6	7
8 9:00 a.m. Traditional 10:30 a.m. Traditional Worship Live Streamed	9	10 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	11 6:00 p.m. Zoom Choir Rehearsal	12	13 10:00 a.m. Caring & Sharing	14
15 9:00 a.m. Traditional 10:30 a.m. Traditional Worship Live Streamed	16	17 2:00 p.m. Lectionary Study Group (Zoom) 6:45 p.m. Alleluia Ringers bell choir practice	18 11:30 a.m. Primetimers Lunch at Trio's Restaurant 6:00 p.m. Zoom Choir Rehearsal	19	20	21
22 9:00 a.m. Traditional 10:30 a.m. Traditional Worship Live Streamed	23	24 6:45 p.m. Alleluia Ringers bell choir practice	25 6:00 p.m. Zoom Choir Rehearsal	26	27	28
29 9:00 a.m. Traditional 10:30 a.m. Traditional Worship Live Streamed	30	31 6:45 p.m. Alleluia Ringers bell choir practice				

VOLUNTEER OPPORTUNITY

Heart Math Tutoring program is once again partnering with Smithfield School for the 2021-22 school year, and is looking for volunteers to help out. The commitment would be for 1 hr/week, one-on-one with the same students all year providing mentoring and math tutoring using the Heart program game-based curriculum. There is also a Heart staff person on site at all times. The tutoring hours at Smithfield are 7:50-8:50AM or 12:30-1:30PM.