

**Homecoming Sunday, Sept 7th -  
Welcome Back Social Hour**

Join us for a light lunch after the Homecoming Service on Sept 7th.

The Reception Team will provide sandwiches. Coffee, tea, lemonade and water will also be provided. We would appreciate contributions of FINGER FOODS for the lunch as well – Veggies, fruit, cheese, crackers, hummus, cookies, brownies, chips, popcorn, etc.

Any questions, ask Maryann Jablonowski or Barb Manning.

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*The Seven Breath Meditation*  
from **A Hebrew Priestess Prayerbook**  
by Rabbi Jill Hammer and Taye Shere

Breathing in, we take breath into ourselves.  
**All: Breathing out, we join the web of being.**

Breathing in, we rest in the present.  
**All: Breathing out, we are part of past and future.**

Breathing in, we honor the shrine of our bodies.  
**All: Breathing out, we honor the shrine of the cosmos.**

Breathing in, Presence fills us.  
**All: Breathing out, Presence enfolds us.**

Breathing in we witnessed what is broken.  
**All: Breathing out we bow to what is perfect.**

Breathing in we offer gratitude for what is.  
**All: Breathing out, we accept all that changes.**

Breathing in, we pray for peace for ourselves.  
**All: Breathing out, we pray for peace for all beings.**

May we all feel safe,  
May we all feel strong,  
May we all feel content,  
May we all live with ease.  
Amen.

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