

# *Family Focus*

**FROM ERIC**

## **How Good To Center Down!**

For the last 2 years, I have given careful consideration, as well as exhaustive study & practice, to the notion of deepening my relationship with God. It has led me to spend time in the Biblical practice of silence, solitude and meditation. With varying degrees of success and failure I have discovered the fruitfulness of living from that place where my spirit communes with God's indwelt Holy Spirit. This journey has made me a little calmer, a lot bolder, and much more compassionate. One thing that has really been a help for me in this endeavor has been these poetic words from a great thinker & spiritual leader named Howard Thurman. I pray they are a blessing to you.

How good it is to center down!

To sit quietly and see one's self pass by!

The streets of our minds seethe with endless traffic;

Our spirits resound with clashings, with noisy silences,

While something deep within hungers and thirsts for the still moment and the resting lull.

With full intensity we seek, ere the quiet passes, a fresh sense of order in our living;

A direction, a strong pure purpose that will structure our confusion  
and bring meaning in our chaos.

We look at ourselves in this waiting moment - the kinds of people we are.

The questions persist: what are we doing with our lives? -

What are the motives that order our day?

What is the end in our doings? Where are we trying to go?

Where do we put the emphasis and where are our values focused?

For what end do we make sacrifices? Where is my treasure and what do I love most  
in life?

What do I hate most in life and to what am I true?

Over and over the questions beat in the waiting moment.

As we listen, floating up through all the jangling echoes of our turbulence, there is a  
sound of another kind -

A deeper note which only the stillness of the heart makes clear.

It moves directly to the core of our being. Our questions are answered,

Our spirits refreshed, and we move back into the traffic of our daily round

With the peace of the Eternal in our step.

How good it is to center down!

My prayer is that we all take time to center down so that we can move from that interior place to a place of lived out faith for Christ.

God bless,

Eric

**LAUNCHING A NEW SERMON SERIES -  
YOUR HELP IS REQUESTED!**

Family, in preparation for an upcoming sermon series, I need your assistance. If you could, think of five of your favorite scriptures. What have been the verses that have meant the most to you or have gotten you through rough times? What are those words from God that have significantly changed you in some way. You can write them on a piece of paper and drop them in the mail slot outside the church office door or e-mail them to me at [wilsoneric@fairviewroad.org](mailto:wilsoneric@fairviewroad.org). Let me hear from you. Let's celebrate the importance of the word of God in our lives together.

