



*Selah is a welcoming community that **pauses**, **encounters** the Spirit through contemplative practices, and **grows together** toward wholeness and loving others.*

June 24, 2022

The Selah Way: Community (Part VII)



We value Community

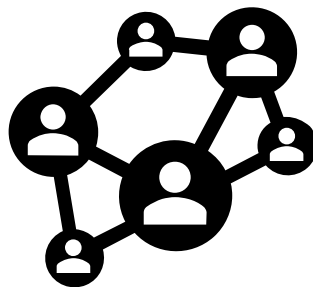
Selah values spacious community and mutuality as a shared contemplative journey with others.

- We **honor** the uniqueness of all persons as the recognized presence of Christ Jesus.

*The Christian community is not a closed circle of people embracing each other,
but a forward moving group of companions bound together
by the same voice asking for their attention.*

Henri Nouwen

Constellation of connection



Kairos Morning
@Selah Center 2022

- Spacious – wandering in and out and in and out and in of faith
- Mutuality – grace offered back and forth, “Sawubona”
- Journey - recognized as the only way to a sustainable contemplative life
- Wholeness – grow alongside with eyes toward God “asking for [our] attention.”

The people who help us grow toward true self offer unconditional love, neither judging us to be deficient nor trying to force us to change but accepting us exactly as we are.

And yet this unconditional love does not lead us to rest on our laurels.

Instead, it surrounds us with a charged force field that makes us want to grow from the inside out – a force field that is safe enough to take the risks and endure the failures that growth requires.

Parker J. Palmer

Breakout Groups

The “Selah Way”

Turn to wonder, speak only if you want, confidential, pause, deep & generous listening, mutual invitation

Question:

In what ways do you offer community to others? What is your community?



However, community is first of all a quality of the heart.

It grows from the spiritual knowledge that we are alive not for ourselves but for one another.

Community is the fruit of our capacity to make the interests of others more important than our own.

The question, therefore, is not ‘How can we make community?’ but,

‘How can we develop and nurture giving hearts?’

Henri Nouwen