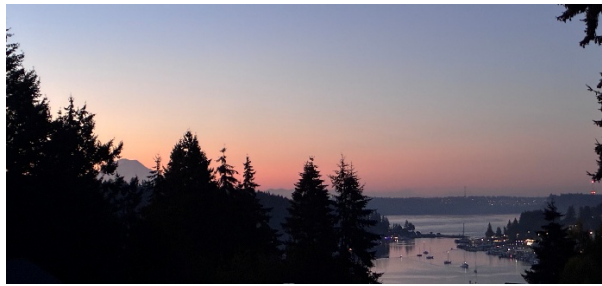




*Selah is a welcoming community that **pauses**,
encounters the Spirit through contemplative practices,
and **grows together** toward wholeness and loving others.*

September 18, 2026



“Luxuriate Fully” at the Threshold

I have come that you may have life, and have it to the full.
John 10:10

One Good Wind

James A. Pearson

It's October so, yes, the world
is dying but I always think
I have another month
at least, maybe two,
to marvel in the middle
of fall's kaleidoscope,
walking this fractal trance
of kindergarten yellows and
(somehow!) iridescent pinks.
But then one good wind

comes in off the distant Pacific
and trees that just yesterday
dripped with dazzle
stand skeletized, stripped
of their abundance
for the promiseless months to come.
I guess what I'm trying to say is:
Don't save up your praise.
Luxuriate fully in what you love
because the winds come quickly
and the winter is long.

Spiritual Practice: Luxuriate

Realize where you are

Release agendas and expectations and analyzing

Receive the gift

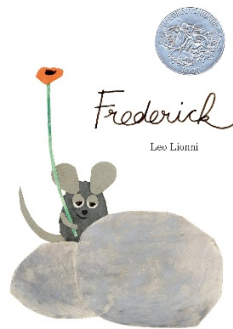
Rest- the joy of the present moment is enough

Breakout Groups

The “Selah Way”

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

Question: Where do you hold back on luxuriating? When do you dive all in?



https://www.youtube.com/watch?v=9_fA7Bjj99Q

Announcements

Check out the website for the All Selah Weekend Retreat – July 2027

Stay after for a ½ hour visit time to ask questions about the Director Transition

Find ways to interact in person with one another, if you can.