



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

September 25, 2026

At the Intersection of Hope and Despair



Sometimes in our grand visions I think we forget
to see what's right here in our midst,
to celebrate what we have.

Joyce Hollyday

EXAMEN

*Search me, O God, and know my heart; test me and know my thoughts.
See if there is any wicked way in me and lead me in the way everlasting.*

Psalm 139:23-24

Recalling the Presence of God

In God we live & move & have our being.

Acts 17:28

Look at your day with Gratitude

When the Spirit of Truth comes, God will guide you into all truth.

John 16:13

Reflection

When did you live out of love and freedom in Christ? What was life-giving?

Where did you see God or beauty or mystery in your everyday life?

*Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing,
whatever is commendable, if there is any excellence or if there is anything worthy of praise, think about these things.*

Philippians 4:8

When did you *not* live out of love and freedom in Christ? What was life-draining?
Where did you question God's presence? What was offensive in your sight?

Let us test & examine our ways and return to the Lord.

Lamentations 3:40

Guidance and Grace

Thank God for what has been revealed to you today

Ask for guidance and grace for tomorrow

*Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine,
to him be glory in the church and in Christ Jesus to all generations, forever, & ever. Amen.*

Ephesians 3:20

Breakout Groups

The "Selah Way"

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

Question: What is for you in the intersection of despair and hope?



Photo taken by Tho-Ge:

(Photos are about capturing moments—capturing my reality)

*The antidote to despair is not to be found in the brave attempt to cheer ourselves up with happy abstracts,
but in paying a profound and courageous attention to the body and the breath,
independent of our imprisoning thoughts and stories,
even strangely, in paying attention to despair itself, and the way we hold it,
and which we realize was never ours to own and to hold in the first place.*

David Whyte, *Consolations*

Upcoming Events

Selah Conversations – October 11th

Creative Souls – October 19th

Poetry Lunchbox – every Tuesday at noon

Mindful Writing – 1st and 3rd Tuesdays of the month, 6:00pm

All Selah Weekend Retreat – July 2027 – Registration Open, limited space