



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

October 16, 2026

The Other Side of the Threshold

Facilitator: Lorina Meade



Dust We Are and Shall Return, The Brilliance

https://www.youtube.com/watch?v=Z2ixOr2gUSk&list=RDZ2ixOr2gUSk&start_radio=1

“What to do with our losses? . . . We must mourn our losses. We cannot talk or act them away, but we can shed tears over them and allow ourselves to grieve deeply. To grieve is to allow our losses to tear apart feelings of security and safety and lead us to the painful truth of our brokenness. Our grief makes us experience the abyss of our own life in which nothing is settled, clear, or obvious, but everything is constantly shifting and changing. . . .”

Our Mourning

“But in the midst of all this pain, there is a strange, shocking, yet very surprising voice. It is the voice of the One who says: ‘Blessed are those who mourn; they shall be comforted.’ That’s the unexpected news: there is a blessing hidden in our grief. Not those who comfort are blessed, but those who mourn! Somehow, in the midst of our tears, a gift is hidden. Somehow, in the midst of our mourning, the first steps of the dance take place. Somehow, the cries that well up from our losses belong to our songs of gratitude.”

Henri Nouwen

Our Songs of Gratitude



Breakout Groups

The “Selah Way”

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

Question: How have you experienced the other side of the threshold after the loss of a friend or loved one?



*“I am wondering if the people who sit under the tree sharing their stories will look up one day
and see the branches full and bending down.*

Will they imagine leaning into God and being held in the shelter of his arms?”

“Transplanted,” written by Dee Lewis, in 2020 for SoulAwake

Announcements

Transition Team Conversation – after Kairos on October 23rd with Karen Nelson

Creative Soul Gathering – online, October 19

Listening Table – online, October 21

Contemplative Prayer – online, October 22 – every Thursday morning

All Selah Weekend Retreat – sign up for July 23-25, 2027

<https://selahcenter.org/selah-event/2027-retreat/>