

## Worship Sharing

5/4/21

### Letting Go

"Be still and cool in your own mind and spirit from your own thoughts, and then you will feel the principle of God to turn your mind to the Lord God, from whom life comes; whereby you may receive his strength and power to allay all blusterings, storms, and tempests."

George Fox, 1658

Whoever would be able, in the life, to do all things, let him sink into that in himself which is not, that it may bring to nought all things in him that are; that so it alone may be: and he by it being brought to nothing, will easily become all in it. This is the true way of restoration, of redemption; first to be lost, to be overcome, to be drowned, to be made nothing by that *which is not*; that that may come to BE in him, and he be quickened, raised up, and perfected in that, and so become possessor of the fulness.

Issac Pennington, collected works, 1681

"The primary function of these local meetings, these vital cells of our Quaker movement, is spiritual refreshment and the sustaining of souls in the meeting for worship. This spiritual refreshment, I shall assume, is the central feature of a local Quaker community. I know that at the highest moment of worship self is entirely out of conscious focus, and there is no thought of refreshing or equipping or fortifying the soul. The worshipper is so entirely in love with God that he is not calculating about returns. He forgets himself, loses himself, in his outpouring and upreach of love and adoration. But that forgetting and that losing of self is precisely the way to health and refreshment and restoration. There is no way to find yourself until you discover how utterly to lose yourself."

Rufus Jones, William Penn Lecture, 1941

"Awe is considered a self-transcendent emotion in that it allows people to think and feel beyond their own needs and wants," Kross writes. "The operative power of awe is its ability to make us feel smaller, nudging us to cede control of our inner voice to a greater grandeur.

This is reflected in the brain: When we feel awe, we show less activity in brain areas involved with self-focus and mind-wandering. Awe almost automatically makes our problems feel smaller and gives us that broader perspective, without us having to engage directly with the problems at all."

Kira Newman, Greater Good Magazine, 2021

### Queries

In what way do any of these quotes speak to your condition?

Have you found moments self-transcendence in Meeting for Worship or elsewhere in your life? What role have such experiences played in your spiritual path?

How do you find spiritual refreshment in Meeting for Worship?

