

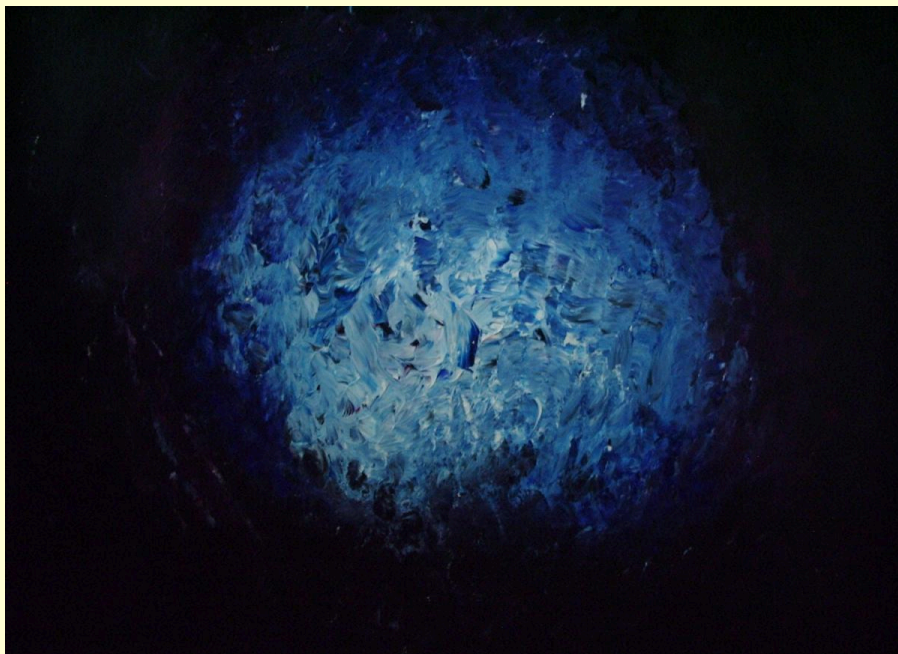
# Connecting New

May, 2026

This month I share a poem and painting that originated in an experience that I had after receiving Holy Communion. I hope they speak to you in some way, and if you would like to share a powerful experience that you had while attending a worship service, I would love to hear about it.

## Courageous

Aloud I spoke the most courageous words that could ever be spoken,  
"God, I give you permission to take me into your arms and love me."  
And immediately I began to feel embraced,  
not by what came from afar,  
but the divinity within my core that emanated to surround itself  
and me within it.  
Warm, safe, lost and found, complete and unitive, alive and well.  
And the delusion of fading in and out of closeness was shattered,  
replaced with an abiding knowing of the deepest intimacy  
that nothing could diminish,  
whether felt or not,  
whether aware or not,  
I am part of I AM.  
And now I am ready, truly ready, to live a courageous life.



May we all chose to live a courageous life and encourage others to do the same.

Peace and Blessings,  
Clarence

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