

No matter who you are,  
no matter where you are  
on your spiritual  
journey, you are  
welcome here.

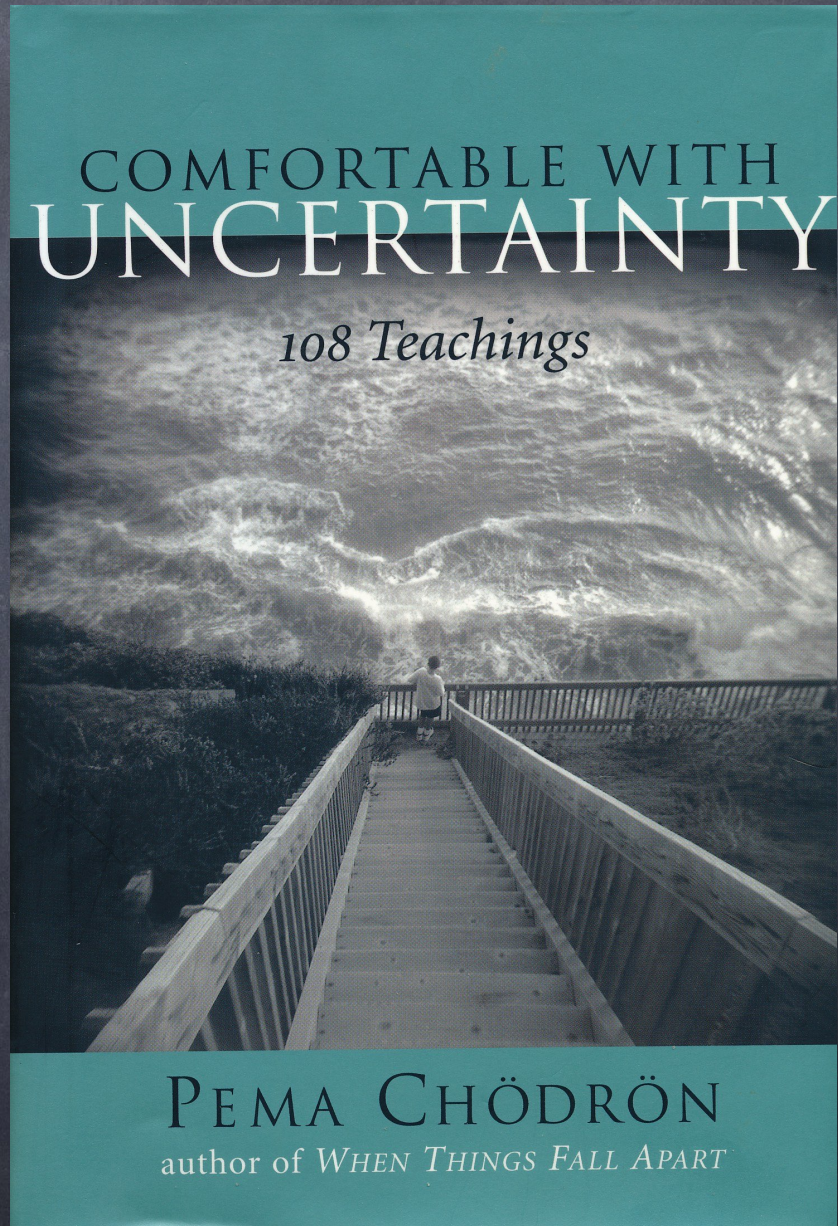


Comfortable  
With Uncertainty



Pema Chodron

Ordinary Life

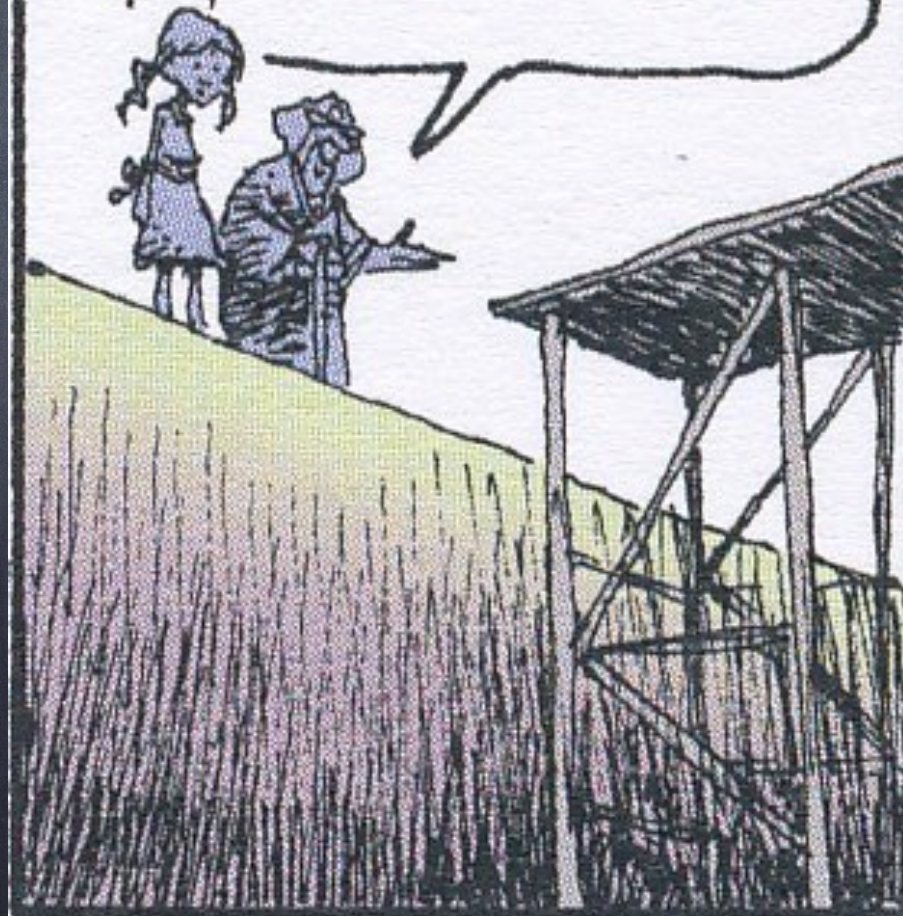


“Let difficulty transform you. And it will. In my experience, we just need help in learning how not to run away.

—Pema Chödrön

WHAT'S THIS SCARY-  
LOOKING THING?

THE ROAD TO  
SERENITY...

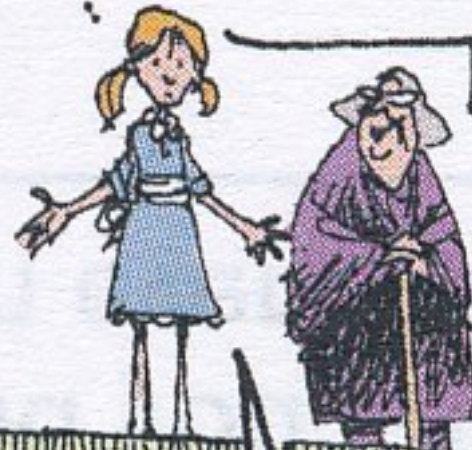


THERE ARE PLENTY OF  
EASIER, MUNDANE ROADS IN  
LIFE, BUT ONLY THIS ONE  
WILL LEAD YOU TO  
TRUE CONTENTMENT  
OF THE SOUL... IT'S THE  
LEAP OF FAITH THAT  
STOPS MOST PEOPLE



HOW ARE YOU  
SUPPOSED TO  
SEE YOUR WAY?

BY FOLLOWING  
YOUR BLISS



I DON'T THINK  
I'M READY FOR  
THIS YET



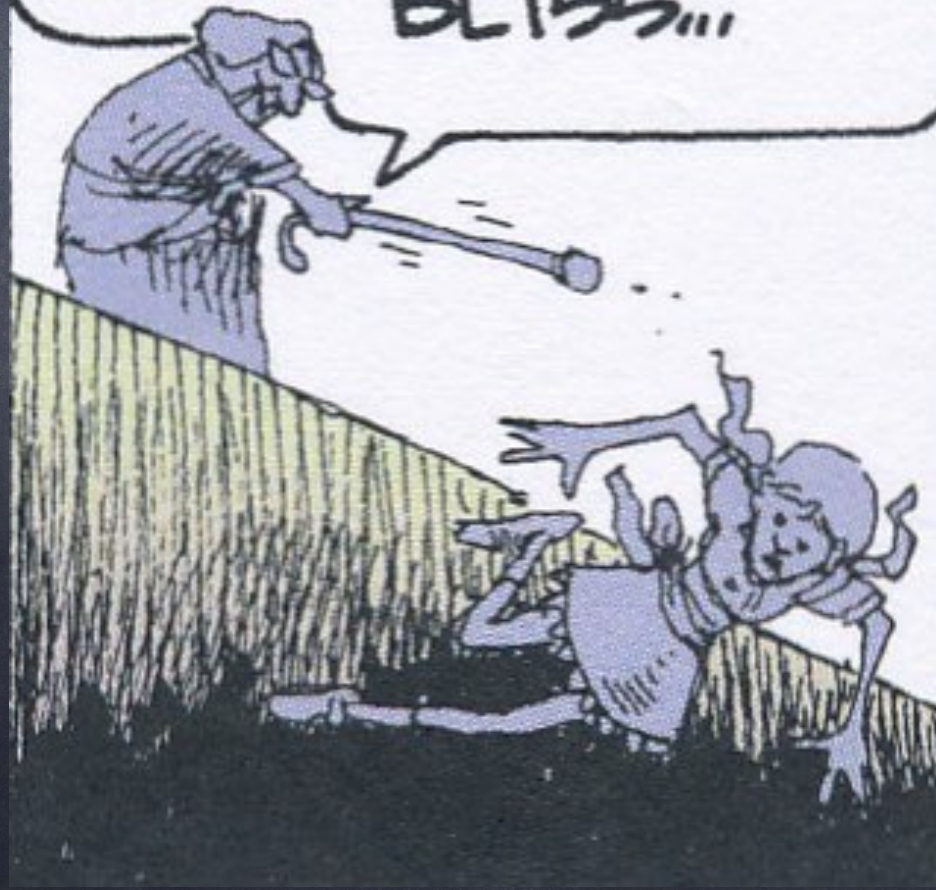


SOMETIMES  
WE JUST  
NEED A  
LITTLE  
PUSH

WAIT...  
WHAT?!



BYE FOR NOW, DEAR.  
JUST REMEMBER,  
IT'S NEVER TOO  
EARLY TO START  
FOLLOWING OUR  
BLISS!!!




...BUT WE DON'T  
NEED TO BE  
IN A RUSH TO  
GROW UP









When we resist change,  
it's called suffering.

But when we can completely  
let go and not struggle against  
it, when we can embrace the  
groundlessness of our situation  
and relax into it's dynamic  
quality, that's called  
enlightenment.

Pema Chodron



Comfortable  
With Uncertainty



Our religious practices and spiritual faith should be designed to empower us to live into whatever future we have with, not wariness, but with trust.

And, with lives marked by humility, authenticity, responsibility and service.



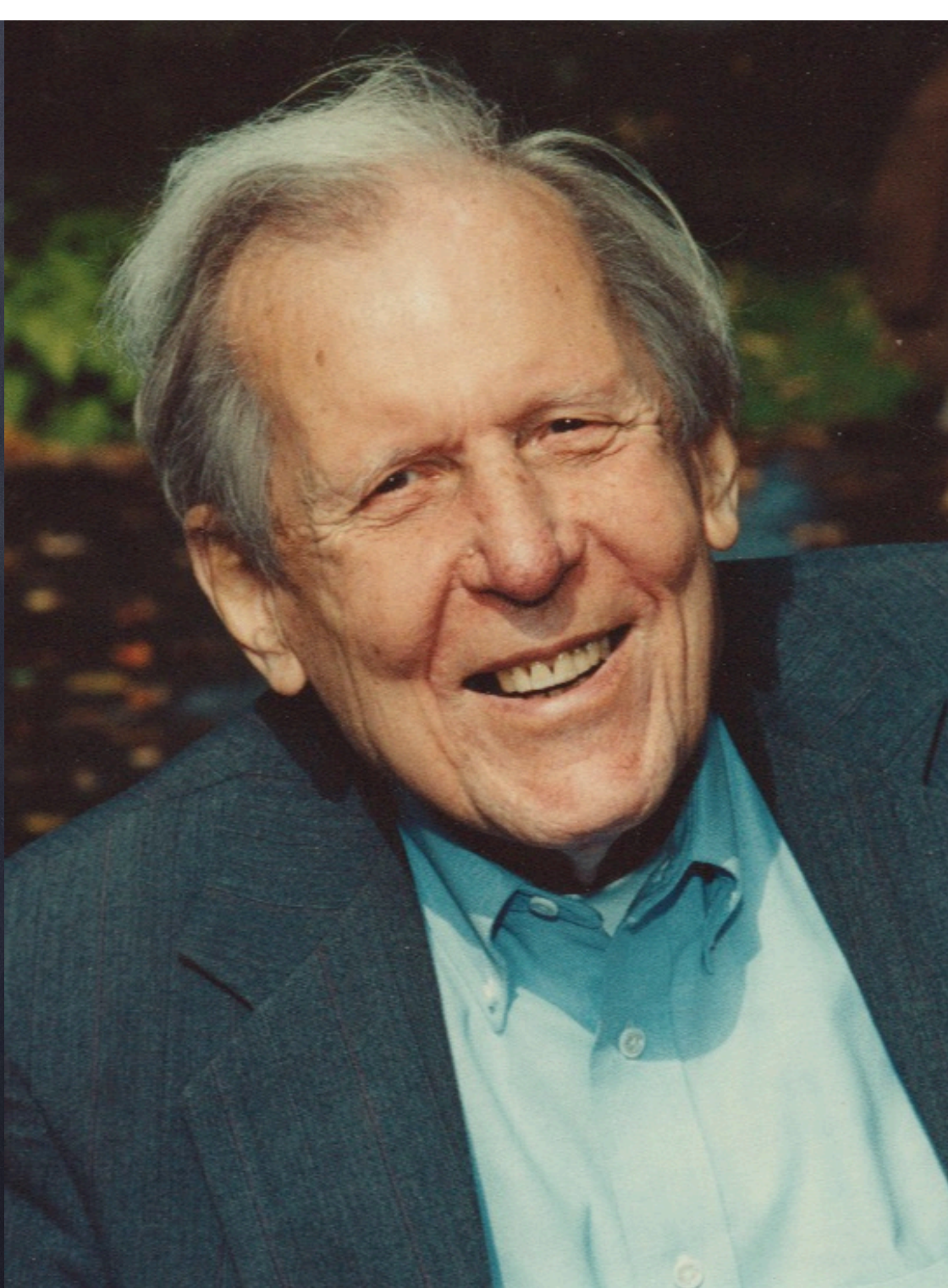
**Happy Birthday Mr. Methuselah**  
**Happy 969<sup>th</sup> Birthday to you**



Faith in the reality of  
"what is" doesn't need  
to be defended.

Nor do the values of  
peace, love and joy.

Living in the gap  
between the "no-  
longer" and the  
"not-yet."



Thomas Berry  
1914 - 2009

Ordinary Life

"flat-earth faith"





"Flat-earth" faith is any perspective in which the metaphors and theology still in use came into being at a time when people really did believe the world was flat.

If we hang on to a notion that  
God is off out there  
somewhere, not really present  
unless we somehow cajole him  
into being present, and further,  
if we hold it that we are  
created in the image of this  
God, then it is easy for us to  
be outside of things and  
people as well.

One thing that can help us  
be comfortable with  
uncertainty is to do the  
spiritual work required to  
develop the faith and trust  
that there is nothing and  
there is no one that and who  
is not sacred.

The other thing we can do is to grow in knowing and living the knowledge that the opposite of faith is not doubt.

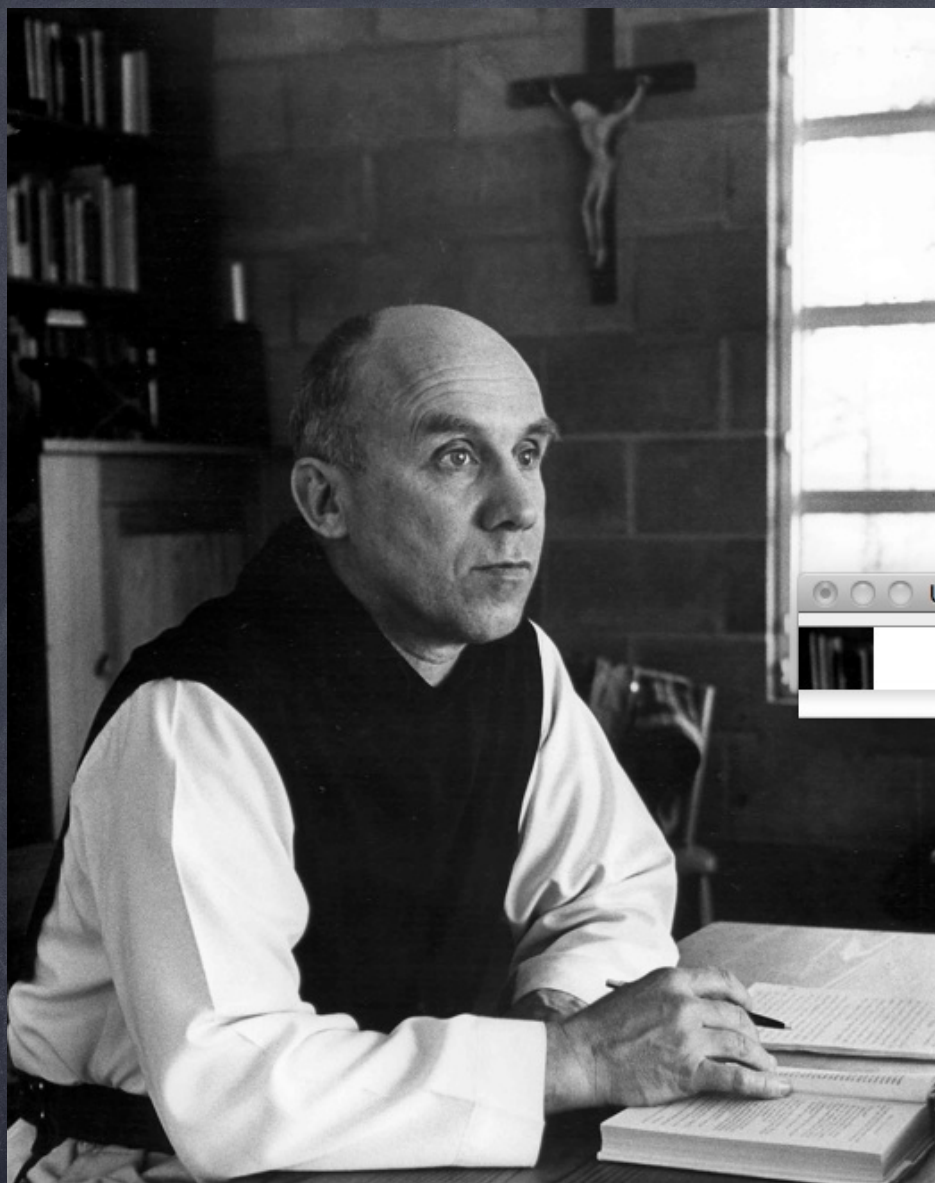
The opposite of faith is certitude.

"flat-earth faith"

"evolutionary faith"

The truth is not  
hard to find.

It is just hard to  
keep from running  
from!



Spiritual  
giants model  
for us  
"comfort with  
uncertainty."

Thomas Merton