



The Life and Care  
of an **Idea**

WEEK 3 (October 19<sup>th</sup>, 2025)

## OPENING PRAYER

Written by: Donna Foote

Mother, Father, God - we are grateful for this glorious day, and the reflection of Your light on Your beautiful creation, this earth that sustains all life ... the land we walk upon, the seas that surround us and the very air that we breathe. We appreciate the divine imagination that shaped and prepared the earth, filling the land with an abundance of plants to nurture the life to come.

We, too, imagine possibilities beyond the current circumstances, and, with the discerning use of the powerful gift of imagination, we create all that we see. In this, may we be in alignment with God's perfect creation, and we say, thank You, God ... Amen.

## MEDITATION

Written by: Shannon Sabol

Relax your shoulders. Soften your face. And if you feel comfortable ... go ahead and close your eyes—so you can begin to see even more.

Begin by noticing your breath. Feel the gentle rise of the inhale ... and the soft fall of the exhale.

Be witness to a quiet rhythm—An expansion on the in-breath ... and a gentle release on the out-breath.

Let your breath be your anchor. A steady friend and guide that brings you home to this moment.

Each time your mind wanders—because it will—just return to your breath.

Let go as many times as you need to. There's no rush or wrong way. Only the next breath.

Notice how the breath begins to create space — space in your body ... and space in your mind.



In that space... something holy stirs. Imagination wakes up. Ideas stretch their legs. Divine inspiration begins to whisper.

This is where possibilities are born. Where dreams are planted like seeds in sacred soil.

Your imagination is not separate from God. It's a spark of the Divine within you—A sacred gift, always available, always alive.

You can envision the life you want to live. You can co-create with God—shaping each moment with intention and joy. And that... is where all creation begins.

Albert Einstein once said, "Logic will get you from A to B. Imagination will take you everywhere."

Take a breath and let that sink in. "Imagination will take you everywhere."

When you open to inspiration. When you let curiosity lead ... you unlock the door to infinite possibility.

You can imagine a strong, vibrant body. A peaceful, playful mind. Balanced relationships that nourish you. A career that lights your soul on fire. You can even imagine a world where every human is honored, where kindness is the norm, and the Earth is protected and preserved.

You can imagine a future where everyone has what they need,

Where dignity is a birthright, where children grow up with clean air, safe homes, and open-hearted dreams.

You can imagine this because God is imagining through you.

The Divine is not distant—it moves in your breath,

It dances in your dreams, It whispers through your wildest ideas.

And now... pause in the quiet. Let your imagination drift ... let it paint pictures in the sky of your mind. Anything is possible here.

[1–2 minutes of silence]



Now, return to your breath. Feel its rhythm again. Feel the space that's been created.

When you choose to see through the lens of curiosity, your imagination begins to play.

Just like in the world of Harry Potter—where the unreal becomes real—and in the colorful, curious worlds of Dr. Seuss, where imagination knows no bounds. You too can dream up a reality aligned with your truest self. the power of imagination makes you infinite. Boundless. Brilliant.

And this Divine power lives in you... always.

With fearless creativity still present within you, you may slowly open your eyes....ready to turn your ideas into reality and step boldly into the world as a creator of your own beautiful story.

And so it is.

CLOSING PRAYER    Written by: Donna Foote

The Love of God is the strength of His creative power. May we be blessed with the knowledge to understand - and to imagine - the depth of His Love. May we let Love be our creative power as we envision the earth as it was created to be ... peaceful, plentiful, and full of Light.

May there be peace on earth.

May the hearts of all beings be open to one another.

May all life reach its fullest potential.

May all life reflect the glory of His Light.

as we see beyond what is - and imagine what could be ...

And so it is, Amen.