

Welcome to The Path of Change

I wonder, particularly in a time where everything seems urgent, what the role of pause and breath is, in this season, to help us gear up for whatever this transformational moment we find ourselves in is.

[Rev. Jen Bailey](#)

[We need] space to imagine a new way, and new self. Not moving or pushing but sitting and cultivating... [the goal] is to allow you space and time to reflect on your past, present, and future. To imagine a new beginning.

Rev. Sara LaWall

What if pushing is only half of it?
What if there is time to waste?
What if rushing is what got us into this mess?
What if catching our breath shrinks the clouds
and expands our view?

What if space for breathing
is what enables the seed of change to take root?
What if pausing allows the longing to grow?
What if it's not about taking control of life,
but being quiet enough to hear life speak?
What if slowing down is what allows us
to notice we're not the only ones who long for change?

And what if catching our breath isn't about resting up,
but the way we finally and fully feel our pain?
What if the quiet is what enables us to notice
how uncomfortable this life of comfort has become?
And what if comfort has been withheld from us?
Wouldn't that mean that rest is a revolutionary act,
allowing us to combat a culture that works to keep us tired, and numb?

What if, in the end, it is silence that allows us to hear
the still small voice inside
that says,
"We can no longer wait!"