

## Summer "Selah" Moments

**"Remember the sabbath day, to keep it holy. Six days shall thou labour, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work." (Exodus 20:8,9-10a).**

Customarily during the summer months, our CWU movement takes time to refresh, vacation and enjoy family/friends. During this brief hiatus, we continue to be cognizant of our National CWU Mission that we are an inclusive ecumenical Christian women's movement celebrating unity in diversity and empowering women to work towards a world of peace and justice. The Hebrew word, "Selah," is a musical term found in the biblical books of Psalms and Habakkuk and often been found to mean, "to pause and meditate upon." In that regard, the following thought-provoking quotes are provided for us experience a few "Selah Moments" this month where we pause and meditate upon a variety of perspectives that align with our Mission.

**"Nothing can stop the power of a committed and determined people to make a difference in our society. Why? Because human beings are the most dynamic link to the divine on this planet." — Former US Representative John Lewis**

**"Make us worthy, Lord, to serve those throughout the world who live and die in poverty or hunger. Give them, through our hands, this day their daily bread; and by our understanding love, give peace and joy. Amen." — Mother Teresa**

**"Let us march on poverty until no American parent has to skip a meal so that their children may eat." — Rev. Dr. Martin Luther King, Jr.**

**"We can't save the planet without uplifting the voices of its people, especially those most often unheard." — Leah Thomas**

**"A vibrant, fair, and regenerative future is possible — not when thousands of people do climate justice activism perfectly but when millions of people do the best they can." — Xiye Bastida**

**"Justice will not be served until those who are unaffected are as outraged as those who are." — Benjamin Franklin**

**"Justice grows out of recognition of ourselves in each other — that my liberty depends on you being free too." — Former President Barack Obama**

**"Fight for the things that you care about, but do it in a way that will lead others to join you." — Former Associate Justice of the Supreme Court, Ruth Bader Ginsburg**

**"Never forget that justice is what love looks like in public." — Dr. Cornel West**

**"Let future generations say we were the ones who stood up. Let them say we were the first to live in a world where all girls can learn and lead without fear." — Nobel Peace Prize Laureate Malala Yousafzai**

Each of these intuitive quotes were written by ordinary persons who experienced extraordinary accomplishments for the benefit of humanity. We, too, as CWU women of faith, possess the capacity to do likewise; we can transform our families, churches, communities and our national movement to impact the world advocating for human rights, social justice, climate change and the eradication of gender bias, food insecurity and poverty. As we enjoy our summer "sabbath," may we "pause and meditate" on innovative, new methods to ensure our movement continues to remain viable well into the future galvanized by our CWU National Mission. Let us also remember keep each other in prayer for a blessed, safe and refreshing summer experience.

Joyfully Submitted,  
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CWU Spiritual Formation