

Moments of Beauty

Week 11 - Music

Thursday, November 19



Photo credit: Kim La Rue

Audio music credit: "Self Acceptance" written and performed by Bob Songer

<https://www.facebook.com/watch/?v=2850559375266653>

News about him (Jesus) spread quickly over the whole region of Galilee. As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them. That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Mark 1:28-37

I felt that the music, which was written especially for meditation, gave a beautiful and healing background.

Thoughts by Mary Ellen Hatton