

LITURGY OF THE CELL PHONES

RELEASING PHONES

We surrender our phones
**to acknowledge that we are not as essential
as we would have ourselves believe.
And to recognize how essential we are
to this moment, this conversation, this process.**

We put down our phones
**to put down the false belief
that we can be more places than here, doing more things than this.
And to commit to being fully present, here and now.**

We turn off our phones
**to turn to each other and to the moment at hand,
with full attention, creativity and welcome.**

**May we receive the gifts of full presence and essential connection.
May God meet us in this moment.
Amen.**

(cell phones are shut down and surrendered)

RETRIEVING PHONES

We return from this moment, taking with us the gift of being fully present.
**May we return with gratitude and perspective
to the tasks before us and the noise around us,
a little more willing to resist the urgency,
and a little more able to receive the quiet gifts of each moment
where God is present alongside us.
Amen.**

(cell phones are retrieved)