



Living in Relational Wholeness

Coalesce Podcast

Episode 26 – A World of Pure Grace and Abundance

Note, terms, scripture, practice



[Mark 10:39](#)

[1 Corinthians 13:12](#)

[John 12:24](#)

[John 15:5](#)

[Galatians 2:20](#)

[Colossians 3:3](#)

[Matthew 18:20](#)

[Matthew 5:3-12](#)

[Mark 10:22](#)

Practice: The Sacraments

St. Francis understood that the particular and the ordinary were the gateway to Heaven, to union with God. Everywhere he looked, he found the sacred. Read the following poem—Daniel Ladinsky’s paraphrase of Francis’ experience—slowly and aloud several times. Memorize a phrase or even the entire poem. Let its words, rhythm, and meaning sink deeper within your body and being. Then go out into your world and find ribbons of grace all around.

The Sacraments

I once spoke to my friend, an old squirrel, about the Sacraments—
he got so excited

and ran into a hollow in his tree and came
back holding some acorns, an owl feather,
and a ribbon he had found.

And I just smiled and said, “Yes, dear,
you understand:
everything imparts
His grace.”