

Hinsley Zoom Saturday, 10 October Prayer, 2020

Prayer before Centering Prayer

Father Son and Holy Spirit;
Creator, Redeemer and Sanctifier,
Alive at the centre our being,
We wish to surrender in love to you.
May our sacred word which we shall pray,
Whenever we become aware of anything else,
Be a sign and symbol of our intention to consent
To your divine presence and action within. Amen

Reading

The contemplative gifts of the Spirit are active within us from the moment that we seriously begin to do a regular practice of Centering Prayer.

The Spirit then begins to communicate the Gifts of Knowledge, Understanding and Wisdom.

The Gifts are interrelated.

Each is important and useful, and they all work together.

If one grows, they all grow.

The contemplative Gifts of the Spirit are God's way of grasping our entire being so that the whole of us may belong to God.

Fruits of the Spirit Thomas Keating

Prayer for Unity

"May God heal all divisions -- those within my own mind, heart, soul and body, and those between all people and groups -- that we may be one Body in Christ, unified in every way and on every level, and thus manifest the Living Christ by our very lives. Amen."

United in Prayer 2020

Contemplative Outreach

Video 3 Part 2 What Centering Prayer Is Not |And What It Is

As Thomas has said before, CP is a practice, a discipline, to aid our movement from conversation to communion with Christ.

Charismatic gifts (e.g. the gifts of tongues, or miracles, or healing) may seem

conducive to health and happiness, but can also be obstacles on the spiritual journey.

Whatever our experience during centering prayer, return to the sacred word.

God is always present in our prayer and in our daily life. We are invited to let go of felt and thought experiences, in order to remain open to whatever God sends next.

Thomas reframes the virtues of faith, hope and charity, stressing complete trust in God, in his power and mercy in the present moment, and persistence despite all difficulties.

In Centering Prayer we participate in the redemption of the world