

Hinsley Zoom Saturday 18 July

Before CP prayer:

Lord Jesus, Living Christ
I wish to hear and feel your voice of love descending upon me in the mysteries of sacrament and silence. When I cannot see or recognise you in the form and field of my day-to-day vision, surprise me with a Magdalene moment of stunning certitude. Amen'
Peter Traben Haas - Centering Prayers

Reading at the end of the morning

Thomas Keating Daily Reader

"Love is repaid by love alone."
Saint Thérèse of Lisieux

It is our hearts that we are offering to God in Centering Prayer, hearts that are pleading for the Holy Spirit and, at the same time, putting up with the weakness of human nature and our own personal melodrama, for the love of God.

As we return to the sacred symbol again and again, we gradually become aware that we are cultivating the spiritual level of our awareness. In this sense, every time we move from a thought into the place of interior silence we are renewing our love for God.

We do not judge our prayer by how many thoughts we have, however much we are bombarded by them. Rather, we judge it by how promptly we go back ever so gently to our sacred symbol. Thus we may have made hundreds of acts of the love of God in the course of a single period of Centering Prayer!

The Gifts of the Holy Spirit grow in direct proportion to the depth and sincerity of our love. (FG, 35)

Luke 24: 32 NRSV

Unity Prayer

"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 Day of Prayer Contemplative Outreach

Quotations from the Welcome Prayer Practice Week 2 And Practice Aid

Below you will find a link to *Infinite Potential*. A recent film on the life and Ideas of David Bohm.

I spoke about the Unified field The Video is 1hr 10 mins long but well worth watching.

<https://www.youtube.com/channel/UCAU8Zg0UCncuOcbfttDRg7A>

“God will bring people and events into our lives, and whatever we may think about them, they are designed for the evolution of His life in us.”

Thomas Keating *Rising Tide of Silence*

If we emphasise what God is doing for us as we do in Centering Prayer, we start the spiritual journey from a different place than has been traditional in the past. We begin the journey not with ourselves and what we are going to do for God, but with God and what God is doing for us.

We consent to God’s presence, letting God decide what God wants us to do.

God seems to want to find out what it is like to live human life in us, and each of us is the only person who can ever give him that joy. Hence our dignity is incomparable.

We are invited to give God the chance to experience God in our humanity, in our difficulties, in our weaknesses, in our addictions, in our sins. Jesus chose to be part of everyone’s life experience, whatever that is, and to raise everyone up to divine union.

Fruits and Gifts of the Spirit Thomas Keating

Practice Prompts.

1a.Notice: When this happens/ I call this to mind/ meet this person.

1b Feel/Focus: Something in me ... feels... its like(describe /sensation)

2.Welcome: And I can be with or turn towards that. Move between 1b and 2

3.Letting Go: I acknowledge/I let go of my desire for security, affection, control and embrace this moment as it is.

I acknowledge/I let go of my desire to change this moment and I embrace it as it is.