

Hinsley Zoom Saturday 22 August

O Spirit of God, we ask you to help orient
all our actions by your inspirations,
carry them on by your gracious assistance,
that every prayer and work of ours
may always begin from you
and through you be happily ended.

From *Hearts on Fire: Praying with Jesuits*, editor, Michael Harter, SJ

Final Reading

Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.

Philippians 4: 8 (NET Bible)

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 in Prayer 2020
Contemplative Outreach

TALK 4: **DEEPENING OUR RELATIONSHIP WITH GOD**

Centering Prayer is a method designed to deepen our relationship with God, which fidelity to the practice cultivates. While Centering Prayer is not meant to replace other forms of prayer, it can put them into a new perspective.

⇒ We are created in the image and likeness of God:

“And God saw that all creation was good.” (Genesis)

“Surely you know that you are God’s temple and that God’s Spirit lives in you...” (1 Cor. 3:6)

⇒ The fruits of Centering Prayer are experienced in daily life not in the time of prayer.

⇒ We do not judge the time of prayer.

WAYS TO DEEPEN OUR RELATIONSHIP WITH GOD:

- Practice two 20-30 minutes of Centering Prayer daily.
- Join an ongoing Centering Prayer Group which encourages the members of the group to persevere in their individual practice.
- Attend more follow up sessions on this material in September 2020 at Hinsley Zoom.
- Study *Open Mind Open Heart* by Thomas Keating.
- Listen to the word of God in scripture (Lectio Divina).

Quotations

1. "The fundamental goodness of human nature, like the mystery of the Trinity, Grace, and the Incarnation, is an essential element of Christian faith. This basic core of goodness is capable of unlimited development, indeed of becoming transformed into Christ and deified.

2. Our basic core of goodness is our true Self. Its centre of gravity is God. The acceptance of our basic goodness is a quantum leap in the spiritual journey."

Fr Thomas Keating (2006) 20th Edition; *Open Mind, Open Heart*, page 158. Guidelines for Christian Life, Growth and Transformation

"The purpose of Centering Prayer is not to experience peace but to evacuate the unconscious obstacles to the permanent abiding state of union with God. Not contemplative prayer but the contemplative state is the purpose of our practice; not experiences, however exotic or reassuring, but the permanent and abiding awareness of God that comes through the mysterious restructuring of consciousness."

Fr Thomas Keating (2006) 20th Edition; *Open Mind, Open Heart*, page 101-102

"Contemplative prayer is in the world in which God can do anything. To move into that realm is the greatest adventure. It is to be open to the Infinite and hence to infinite possibilities. Our private self-made worlds come to an end; a new world appears within and around us and the impossible becomes an everyday experience."

Fr Thomas Keating (2006) 20th Edition; *Open Mind, Open Heart*, page 1