

Prayer before Centering Prayer

"On God alone my soul in stillness waits..." Psalm 62

Reading at the end of the Morning

We are invited to give God the chance to experience Him 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.

Thomas Keating *Fruits and Gifts of the Spirit*

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."

Contemplative Outreach United in Prayer Day 2020

Reading for Lectio

... Behold, you desire true sincerity;
and secretly you teach me wisdom.
Cleanse me with hyssop, that I may be pure;
wash me, and I will be whiter than snow.
A clean heart create for me, God;
renew within me a steadfast spirit.

Psalm 51